THE ULTIMATE

MEATLESS

ANABOLIC COOKBOOK

GREG DOUCETTE

Table of Contents

A Message from Coach Greg. 7

Frequently Asked Questions. 8

THE RECIPE ISN'T WORKING? 15

Protein Powder Thickness Guide 15

FibrO Mixing Guide/Syrup Preparation 16

VEGAN RECIPE SECTION 17

BREAKFAST 18

EGGLESS FRENCH TOAST 19

VANABOLIC FRENCH TOAST 21

VEA-NOT BUTTER FRENCH TOAST ROLL-UPS 23

CHOCOLATE VANCAKES 25

SNACKS & APPS 27

VEA-NOT BUTTER 28

VEGAN BALLS 30

CAULIFLOWER BITES 32

MAPLE PODADO CIRCLES 34

CRISPY ONION TOPPERS 36

CARROT APPLE CLUSTERS 38

BLACK PEPPER DRESSING 40

GREGAMAME DIP 42

VEGAN CHEESE SAUCE 44

TACO DIP 46

LUNCH 48

BLACK BEAN STIR-FRY WRAP 49

VEA-NOT BUTTER & JAM SAMMY 51

VEA-NOT BUTTER & BANANA SANDWICH 53

GRILLED VEGAN SKEWERS 55

Copyright Coach Greg Inc. 2021

SPAGHETTI N' CHEESE 57
CABBAGE PLANT BASED SOUP 59

DINNER 61

VEGAN PAD THAI. 62
BEAN CHILI 64
INSIDE-OUT BAKED "VODADO" 66
VEGAN STUFFED PEPPERS 68
VEGAN STUFFED TOMATOES. 70
SWEET "PODADO" CASSEROLE 72
VEGAN BLACK BEAN BURGERS 74

DESSERT. 76

DONUTS/VONUTS 77
VEGAN CUSTARD 79

VEGETARIAN RECIPE SECTION 81

BREAKFAST. 82

BREAKFAST EGG LOAF 83
BANANA CREAM STUFFED RICE CAKES 85
HTLT FRENCH TOAST RICE CAKES 87
STRAWBERRY CREAM STUFFED RICE CAKES 89
CARAMEL RICE CAKE SANDWICHES. 91
CHOCOLATE STUFFED RICE CAKES 93
ANABOLIC HASH MUFFINS 95
FRENCH TOAST APPLE MUFFINS 97

SNACKS & APPS 99

PEA-NOT BUTTER 100
CHOCOLATE NOT-ELLA PEA-NOT BUTTER 102
AVOCADO PEA-NOT BUTTER. 104
APPLE DIP DELIGHT 106
BLOOMING ONION 108
EGGPLANT CIRCLE BITES 110
CHEESEY TACO DIP 112

Copyright Coach Greg Inc. 2021

DILL WEED DIP 114

LUNCH 116

PIZZA POCKETS 117

EXTRA ANABOLIC PIZZA POCKETS 119

"MEAT" LOVERS PIZZA POCKETS 121

VEGGIE BOLOGNA CLUB SANDWICH 123

ZUCCHINI EGG WHITE SAUTÉ 125

BROCCOLI SPINACH SOUFFLÉ 127

SWEET & SAVOURY CABBAGE STEAKS 129

DINNER 131

VEGETARIAN PAD THAI 132

EGGLESS CHEESY EGGPLANT 134

VEGGIE SHEPHERD'S PIE 136

INSIDE-OUT BAKED "PODADO" 138

VEGETARIAN BLACK BEAN BURGER 140

PORTOBELLO PATTIES 142

DESSERT 144

4-PACK JELLY PRONUTS 145

6-PACK JELLY PRONUTS 147

CHOCOLATE NOT-ELLA DONUTS 149

BOSTON CREAM PRONUTS 151

BANANA CHOCOLATE CHIP PROTEIN BOWL 153

PB PROTEIN MUFFINS 155

MANGO MAINGAIN PARFAIT 157

PRETTY PINK PARFAIT 159

CHOCO-BERRY PARFAIT 161

FUNKIE MUNKIE PUDDING 163

WATERMELON ZESTY PROTEINSICLES 165

PEACH MOOSE-SICLES 167

MERINGUE 169

ANABOLIC ICING 171

CREAM CHEESE ICING 173

Copyright Coach Greg Inc. 2021

BANANA ICING 175
STRAWBERRIES & CREAM. 177

FREE BONUS RECIPES 179

Blueberry French Toast. 180
Veggie Meat Rice Cake Sandwich 181
Veggie Sloppy Greg “Open- Faced” 182
Cauliflower Pizza 183
Egg White Wrap & Cauliflower Pizza 184
Anabolic Veggie Lasagna 185
Classic Veggie Lasagna. 186
Apple Poop. 187
Vegan Chocolate Mug Cake. 188

REFERENCES 189

Fruit Servings Reference Table 190

Vegetables (Raw) Servings Reference Table 191

Veggies With the Most Protein Per 100 Calories. 193

Until Next Time... 195

DISCLAIMER. 196

Copyright Coach Greg Inc. 2021

About Greg Doucette

Powerlifting Champion...
IFBB PRO...
French Toast Connoisseur...
Coach to thousands of circles...

From his Guinness World Record and Master's degree in Kinesiology, it's hard to believe an episode of 'That's Incredible!', featuring a 13-year-old bodybuilder, kickstarted Coach Greg's passion for the weight room.

Training first began alongside his father, using homemade equipment to start sculpting his dream physique. Greg fell in love with the sport when he could see himself gaining mass and growing stronger. He had officially caught the bodybuilding bug.

Since his humble beginnings, Greg has dominated the world of powerlifting and bodybuilding. Starting as a teenager and continuing well into his forties, he has competed in more than 60 powerlifting contests and 59 bodybuilding competitions. And as a result of his striking dedication, he earned his IFBB Pro card in 2012.

The accomplishments don't just stop at physical strength. Greg committed himself to the scientific study of human body movement, gaining a Bachelor's and a Master's degree in Kinesiology. With a GPA of 3.93 out of 4.00, it's no surprise he graduated at the top of his class.

A combination of technical knowledge and a large appetite for success makes Greg Doucette the perfect mentor. He has been working hard to help thousands of clients achieve their ideal physique and build healthy habits to make it last a lifetime. His formal education helps him disprove common myths spread by the fitness industry, while his expertise in bodybuilding and powerlifting guides the more experienced clients in contest preparation.

Beyond one-on-one coaching, Greg uses his no-nonsense attitude and sense of humor to educate and entertain more than 1 million subscribers on his YouTube channel. He showcases his favorite anabolic recipes, exposes the lies of the fitness industry, and spills his secrets on the most optimal ways to train. And with over 300 million total views, his content and zero-bullshit advice are helping thousands achieve their ultimate fitness goals.

Copyright Coach Greg Inc. 2021

A Message from Coach Greg

Congrats! You've made the completely, non-moronic decision to buy my ultimate meatless anabolic cookbook!

But you've not just bought a cookbook... **you've made an investment in yourself**. You've made a decision to start leveling up your health, and the dishes you're about to discover are going to set that up for **LIFE**!!

Now you've probably come across plenty of morons in life who have told you that you can't build muscle (or feel satisfied) without meat in your diet. You probably know it's bullshit already. But if you still have doubts, I'm here to remind you...

You absolutely CAN build an incredible physique without eating meat...and the best part?

Thanks to these anabolic recipes, it's gonna taste **AMAZING** whilst doing it!

They're delicious, easy to make, will help you feel satisfied **AND** help you lose fat and build muscle.

It doesn't matter ("cue THE ROCK!") if you eat meat or not, because these recipes are designed to satisfy ALL circles!

Wherever you're reading this book at home, the supermarket, the gym, etc. I hope you get as much value out of it as I do.

- Coach Greg

P.S. **Don't forget to follow me on Instagram @gregdoucetteifbbpro**. Use the hashtag, **#chefgreg**, to share your new delicious meals with me. I can't wait to see what you can do!

gregdoucetteifbbpro

Greg Doucette

recipes@gregdoucette.com

Copyright Coach Greg Inc. 2021

Read This Before Cooking!

Frequently Asked Questions

This FAQ will be periodically updated based on frequent questions coming in through DMs and emails. Make sure you check your email in case this book has updates! Send all of your questions to recipes@gregdoucette.com. If there are many questions related to a certain topic, my team and I will send out an update to this book.

1. What does "1 serving of veggies" in the recipes mean?

You will notice that this cookbook contains flexibility in each recipe. Many of the recipes reference "1 serving of veggies" or "1 serving of fruits." At the very end of this cookbook is a references section which contains tables with common fruits and vegetables that represent 1 whole serving equal to 100 calories. By that logic, a half serving is equal to 50 calories.

If your recipe calls for 1 full serving of veggies, you can mix and match vegetable amounts based on the references table to equal 100 total calories from vegetables. As an example, you may choose to eat both cucumber and tomatoes. If 600 g cucumber and 450 g tomatos are each 1 full serving of vegetables, then you can eat 300 g cucumber and 225 g tomato in one recipe for one full serving of vegetables totaling 100 calories.

I repeat: 1 serving of fruit or vegetables is NOT what's listed on the package you're buying. 1 serving is 100 calories of that fruit/vegetable!!

2. How do I use the nutrition facts when there is flexibility in the recipes?

You will notice that recipes that include either a serving size of "veggies" or fruits also have nutrition facts, even though the type of vegetable or fruit is not specified. The nutritional guidelines are all rough estimates, with up to a 20% deviation from what the true total calorie and macronutrient contents will be. It is up to you to do your own calculations. I encourage you, once again, to focus on the total calories of each meal instead of the total amount of each macro in each meal.

3. Why are there macronutrients listed if you don't count macros?

Because some of you are still going to count macros even when I tell you not to bother! See my video on moronic misconceptions about macros to understand my view on this issue!

Copyright Coach Greg Inc. 2021

4. Can I substitute X for Y???

There are NO RULES IN THIS KITCHEN! Make as many substitutions as you like according to your taste preferences and dietary needs.

There are a few things to keep in mind when choosing a substitution.

The first is to ensure that whatever substitution you make serves a similar purpose as the ingredient the recipe calls for. As an example, let's say that the recipe calls for guar gum. Guar gum is a thickening agent. You can substitute guar gum for another thickening agent such as xanthan gum or agar agar, but not a banana.

The next thing is to ensure that you substitute ingredients with similar protein and calorie content. As an example, let's say a recipe calls for 100g of plant-based bologna, but you want to use plant-based cheese. You cannot just simply use 100g of plant-based cheese (which has very little protein) and expect to get the same nutritional value from the recipe. They will be different in calories, fat, etc so you can't make a 1:1 substitution and expect the calories/macros to be the same.

This does not mean you are not allowed to make substitutions. You can eat whatever you want! But, if your substitution isn't similar in calories, be sure to add in extra, or use less in order to keep the calories and protein close to the same.

Whatever you substitute, be sure to re-calculate the total calories so you can make sure your modifications are still appropriate for your diet and your goals.

5. Where do I buy supplements and special ingredients?

Most recipes will contain links to purchase the special ingredients in them. There is also a special ingredient links page in the References section. Let Google be your friend!

6. Do I need a coach after buying this cookbook?

This cookbook does not replace a human coach! It is just another tool in the toolbox to help you achieve your physique and lifestyle goals. A coach provides you with ongoing support, accountability, and advice. This cookbook provides you with delicious recipes! If you're interested in hiring ME as your coach, visit gregdoucette.com/coaching for more information.

Copyright Coach Greg Inc. 2021

7. Do I need to measure the food?

You don't NEED to do anything, but you should begin by weighing your food with a scale that you are able to more accurately track calories. Click here to purchase a food scale.

8. What if the ingredient specified in the recipe is out of stock or unavailable in my country?

Since a lot of my recipes reference special ingredients, you should follow the substitution guidelines in question #4 when a special ingredient is out of stock.

As an example, if your favorite brand of plant-based protein is not available, you can choose another brand of plant-based protein bread, or substitute another flavor.

Feel free to experiment and place your own special twist on the recipes Remember, there are NO RULES IN THIS KITCHEN!

9. Are the nutrition facts accurate?

See my video on "Are Nutrition Labels Accurate?"

Generally, you will never get the calories 100% accurate. Nutrition labels can be off by as much as 20% up or down. The best way to get as close as possible is to weigh everything yourself to the gram and do your own calculations. However, don't lose your mind obsessively trying to be perfect. DON'T LOSE YOUR MIND!

This is why I have developed **"The Circle Standards Guide"**, this allows my recipes to be as accurate as possible.

10. What is "regular ass bread?"

Any recipe that has "regular ass bread" in it, assume approximately 80-calorie slices of any brand of white bread. Here is a specific example: Pepperidge Farm Italian White Bread (80 calories per slice). It's NOT an actual name brand as some people have suggested.

But, in some grocery stores you may not be able to find 80 calorie white bread. If you can only find 100 calorie white bread, that is fine. Just know that when you make a sandwich, it will be 40 calories more.

Copyright Coach Greg Inc. 2021

11. What if I need to follow a gluten-free diet because I have celiac disease?

Many of the recipes in this book are friendly to gluten-intolerant diets. Just make sure that whatever ingredient you purchase and use is CERTIFIED gluten-free.

12. Can I substitute other sweetener brands / types other than the ones listed in the recipes?

Yes, you may substitute other sweeteners than the ones listed in the recipes, or use NONE at all. Some sweeteners are stronger than others. 2 grams of packet sweetener is not the same as 2 grams of Erythritol. Whenever you go to make a substitution, ALWAYS research how the product influences the taste, and adjust accordingly.

That all said, here are some guidelines to work with in case you want to use a different type of sweetener than what is provided in the recipe ingredients:

SWEETENER	EQUIVALENT
1 packet sweetener	2 tsp granulated sweetener of choice (eg. Splenda)
1 packet sweetener	8g Erythritol
12g Erythritol	3 tsp / 1 tbsp Splenda

13. I don't have a food scale! I don't know how to measure tablespoons! How do I know how much of a certain ingredient to use?

YOU SHOULD HAVE ONE! Go buy one right now!!
Here is a standard table for converting metric to standard units as well as in case you do not have a tool to measure weights. You can also use this as a reference for converting weight or volume units.

NOTE THAT THESE ARE APPROXIMATIONS.

UNIT 1	UNIT 2
1 ml of fluid	1 gram

Copyright Coach Greg Inc. 2021

3 tsp	1 tbsp
8 tbsp	1/2 cup
4 cups	1 litre
16 oz	1 lb
28.35 g	1 ounce
454 g	~1 lbs
1000 g	1 kg
240 ml	1 cup
120 ml	1/2 cup
60 ml	1/4 cup

14. There is a recipe that doesn't work! What happened?

There are many reasons why a particular recipe may not "work" for you, even if you follow the recipes precisely as written. Here are a few things that cause variation in baked recipe outcomes:

Protein powders vary in their texture , ingredients and "THICKNESS". Casein protein has a very different texture from whey protein, for example. Also, the amount of guar/xanthan gum in your protein powder will be a large factor as well (If it says to use 1.5 g and you just eyeballed and put in 1 g, it can in fact make a BIG difference, refer to the "Protein Powder Thickness Chart").

The type of baking dish used will make a difference in bake time. As an example, silicone baking pans tend to cool faster than metal baking dishes. Ovens vary in their strength.

You may need to "play" with your baked recipes a bit to get the right texture. Sometimes all it takes is adding or removing 1 tbsp of water to make the batter just right. If you are unsure, send an email to recipes@gregdoucette.com.

14. My food is sticking to the pan, should I use oil?

Don't pour a bunch of oil into the pan as the calories add up FAST. USE COOKING SPRAY. Give you pans, skillets, etc a quick spray before adding food. You'll have a non-stick surface, without the extra calories.

Copyright Coach Greg Inc. 2021

15. Which plant-based egg substitute should I use?

Always remember to choose HIGH PROTEIN plant-based egg substitutes. Lots of "egg replacers" are low-protein and high in carbs. Those are not the ones you want. Personally, I use the Vegg Power Scramble as it has an amazing 20 g of protein per 28 g serving!

16. How are the recipe difficulties calculated?

Easy: Almost anyone can make it with no cooking experience.
Medium: Some people may struggle, but most should be able to make it.
Hard: Some cooking experience may be required for some people.

Copyright Coach Greg Inc. 2021

HTLT

PROTEIN POWDER DISCLAIMER

You can use any flavor of protein powder for these recipes.

However, keep in mind that different types of protein (eg. whey, whey/casein blend, vegan, etc) will mix/bake differently (see next page for further info).

Some people may like a recipe softer, some more firm. The "Protein Powder Thickness Guide" on the next page will allow you to experiment and tailor these recipes to your specific liking, which will have you enjoying them more than last time!

Copyright Coach Greg Inc. 2021

THE RECIPE ISN'T WORKING?

1. **If your mixture consistency is too thin (too runny):**
   - Add a small amount of guar gum (1/4 - 1/2 tsp) or thickening agent of choice.

   OR

   - Use a type of protein powder that is thicker than what you are using (see guide below).

2. **If your mixture consistency is too thick (can barely stir):**
   - Add a small amount of liquid (water, unsweetened nut milk, etc).

   OR

   - Use a type of protein powder that is thinner than what you are using (see guide below).

** Follow point 1 OR 2 slowly until desired consistency is reached.*

Protein Powder Thickness Guide

Casein — **Thickest**

Vegan

Casein/Whey Blend

Whey/Casein Blend

Whey Isolate — Thinnest

HTLT Vegan Protein Powder has been **OPTIMIZED FOR BAKING** while still tasting delicious**!**

Whey protein powders may not bake as well as Whey+Casein blends.

Ingredients are listed in the order of what the container has the most of, to the least of. If the first ingredient is casein, it has more casein than any other ingredient, and is likely more expensive.

Copyright Coach Greg Inc. 2021

FibrO

Mixing Guide/Syrup Preparation

Dry FibrO (g)	& (std. units)	+ Water	= Prepared Syrup	Calories
908 g	(Full Tub)	576 g (~2 ⅓ cups)	1484 g	2043 kcal
500 g	(4 cups)	320 g (1 ⅓ cups)	820 g (~2 ½ cups)	1125 kcal
375 g	(3 cups)	240 g (1 cup)	615 g	844 kcal
250 g	(2 cups)	160 g (⅔ cup)	410 g (~1 ¼ cups)	562 kcal
~188 g	(1 ½ cups)	120 g (½ cups)	~308 g	422 kcal
125 g	(1 cup)	80 g (⅓ cup)	205 g	281 kcal
~94 g	(¾ cup)	60 g (¼ cups)	~154 g	211 kcal
~63 g	(½ cup)	40 g (~3 Tbsp)	~103 g	141 kcal

Ratios to make FibrO:

- *When working with grams, use ~ ⅔ as much water as FibrO (~ 2:3 ratio)*
  eg. 200 g water mixed with 300 g FibrO IMO Powder.
- *When working with cups, use ⅓ as much water as FibrO (1:3 ratio)*
  eg. ⅓ cup water mixed with 1 cup of FibrO IMO Powder.

Directions:

1. *Warm the water in the microwave for 20-30 seconds (microwaves vary in watts) add the* **FibrO IMO Powder** *to the water and stir until smooth. If the mixture is still lumpy, place it back in the microwave for another 15 seconds and stir well until the mixture is smooth.*
2. *Cover and let stand for 30 minutes to overnight.*
3. *The mixture will look foggy at first but will become more clear over time.*

Copyright Coach Greg Inc. 2021

VEGAN RECIPE SECTION

BREAKFAST

VEGAN

EGGLESS FRENCH TOAST

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 10 MINUTES | **READY IN** 25 MINUTES

Think you need eggs to make french toast? Well think again! Finally, french toast that's high in protein and low in calories with ZEEEEEEERO animal products.

NUTRITION

MAKES 5 SERVINGS

Calories:	625
Fat (g):	11
Carbs (g):	87
Fiber (g):	5
Protein (g):	46

SERVING

Calories:	125
Fat (g):	2
Carbs (g):	17
Fiber (g):	1
Protein (g):	9

Copyright Coach Greg Inc. 2021

INGREDIENTS

240 g (1 cup) **unsweetened vanilla cashew milk**

5 g (1 tsp) **vanilla extract**

3 g (~1 tsp) **cinnamon**

50 g (~1 ½ scoops) **HTLT Vanilla PB Vegan Protein Powder** (or vegan protein powder of choice)

5 slices **regular ass bread**

3 packets **sweetener**

DIRECTIONS

1. Heat a large pan to medium heat.
2. In a shallow flat dish add the cashew milk, vanilla extract, cinnamon and protein powder.
3. Whisk together until all ingredients are blended.
4. Lay the bread in the mixture for a few seconds, flip over and repeat for the other side.
5. Quickly spray the pan with cooking spray. Then, lay the slices on the pan and cook for 3-4 minutes or until lightly browned. Flip and cook for another 2-3 minutes on the other side. You can repeat this process until the French toast is toasted to your desire.

NOTES

- Top with low-calorie maple syrup.
- Add ¼ - ½ serving (25-50 calories) fruit of your choice, I would choose blueberries!
- Feel free to use any flavor/brand of vegan protein powder
- Experiment with your favorite unsweetened nut milk including macadamia, almond, walnut and use the one you like most.
- For added protein, use 2 scoops of protein powder.
- For extra protein, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

Copyright Coach Greg Inc. 2021

VANABOLIC FRENCH TOAST

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 10 MINUTES | **READY IN** 25 MINUTES

This eggless french toast comes out a little soft, which is generally how I like mine. It's delicious, but if you like a crispy french toast, this may not be the one for you!

NUTRITION

MAKES 5 SERVINGS

Calories:	605
Fat (g):	12
Carbs (g):	85
Fiber (g):	6
Protein (g):	41

SERVING

Calories:	120
Fat (g):	2
Carbs (g):	17
Fiber (g):	1
Protein (g):	8

Copyright Coach Greg Inc. 2021

INGREDIENTS

250 g (1 cup) **unsweetened vanilla plant-based protein nut milk of choice**

28 g (~¼ cup) **high-protein plant-based egg substitute** *(I used Vegg Power Scramble)*

5 g (1 tsp) **maple extract**

1.5 g (~½ tsp) **cinnamon**

5 slices **regular ass bread**

2 packets **sweetener**

DIRECTIONS

1. Heat a pan to medium heat.
2. In a shallow flat dish add the cashew milk, vanilla extract, cinnamon and protein powder and whisk together until evenly blended.
3. Whisk together until all ingredients are blended.
4. Lay the bread in the mixture and flip back and forth until fully saturated. Repeat for all slices of bread.
5. Quickly spray the pan with cooking spray. Then, lay the slices on the pan and spread any remaining batter on top of the slices. Cook for ~5 minutes or until lightly browned. Flip and cook for another ~5 minutes on the other side. You can repeat this process until the French toast is toasted to your desire.

NOTES

- Top with low-calorie maple syrup.
- Add ¼ - ½ serving (25-50 calories) fruit of your choice, I would choose blueberries!
- I used Silk unsweetened vanilla 8 g plant protein almond & cashew milk.
- If the batter is too thick for you liking, substitute the plant-based protein nut milk for regular unsweetened cashew milk.
- To make extra anabolic, use 4 slices of bread instead of 5.
- If you don't like maple, use vanilla extract.
- Do not use regular egg replacer as it is low-protein and high in carbs.

Copyright Coach Greg Inc. 2021

VEA-NOT BUTTER FRENCH TOAST ROLL-UPS

DIFFICULTY MEDIUM

VEGAN | PREP TIME 15 MINUTES | READY IN 20 MINUTES

French toast with an irresistible vegan twist! These Vea-NOT Butter French Toast Roll-Ups are the perfect way to make your breakfast more memorable, and a whole lot more delicious!

NUTRITION

MAKES 4 SERVINGS

Calories:	655
Fat (g):	11
Carbs (g):	105
Fiber (g):	8
Protein (g):	46

SERVING

Calories:	165
Fat (g):	3
Carbs (g):	26
Fiber (g):	2
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

100 g (~2 servings) **Vea-NOT Butter** *(see page 28)*

55 g (½ serving) **banana**

4 slices **regular ass bread**

160 g (⅔ cup) **unsweetened vanilla cashew milk**

16 g (~½ scoop) **HTLT Vegan Protein Powder** *(flavor of choice / or brand of choice)*

4 packets **sweetener**

5 g (1 tsp) **vanilla extract**

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

NOTES

- Top with strawberries, low-calorie maple syrup, cinnamon and/or Swerve if desired (I eat them as is with no toppings needed)!
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

DIRECTIONS

1. In a bowl, mash the Vea-NOT Butter (see page 28) and banana with a fork until well mixed, set aside!
2. In a shallow flat dish add the cashew milk, vanilla extract, cinnamon, sweetner and protein powder.
3. Whisk together until all ingredients are mixed.
4. Heat a pan to medium-high and spray with cooking spray.
5. Lay the bread in the mixture and let soak for 10 seconds, flip over and soak on the other side (repeat for all 4 slices of bread).
6. Lay the slices onto the pan and cook for 3-4 minutes or until lightly browned. Flip, and cook for another 2-3 minutes on the other side. You can repeat this process until the French Toast is cooked to your desire (I like mine a little softer).
7. With the palm of your hand or a rolling pin, flatten each piece of French Toast and add ¼ of the Vea-NOT Butter/banana mixture to the center of each piece. Fold the bread in half and pinch the end with your fingers to seal the filling.
8. Add toppings: powdered peanut butter (either mixed with water or dry), strawberries, and low-calorie maple syrup (I eat it as is with no topping required).

Copyright Coach Greg Inc. 2021

CHOCOLATE VANCAKES

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 10 MINUTES | **READY IN** ~15 MINUTES

Bananas and chocolate in pancake form, what's not to love!

NUTRITION

MAKES 3 SERVINGS

Calories:	640
Fat (g):	15
Carbs (g):	74
Fiber (g):	14
Protein (g):	60

SERVING

Calories:	215
Fat (g):	5
Carbs (g):	25
Fiber (g):	5
Protein (g):	20

Copyright Coach Greg Inc. 2021

INGREDIENTS

250 g (1 cup) **unsweetened vanilla plant-based protein nut milk of choice**

28 g (¼ cup) **plant-based egg substitute**

110 g (1 serving) **bananas**

33 g (1 scoop) **HTLT Vegan Protein Powder** *(chocolate PB or Vanilla PB / or brand of choice)*

45 g (½ cup) **rolled oats**

2 packets **sweetener**

3 g (~1 tsp) **cinnamon**

1 g (~⅓ tsp) **guar gum**

10 g (2 tbsp) **cocoa powder (optional)**

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

DIRECTIONS

1. Add all the ingredients to a blender, and blend on high for ~30-60 seconds.
2. Heat a pan to low-medium heat, and spray with cooking spray.
3. Pour the batter onto the pan (you can either cook the 3 vancakes one at a time, or all at once if you have a large enough pan).
4. Cook for ~2-4 minutes, flip and cook for ~1 more minute.
5. Repeat steps 3 and 4 if you are cooking your vancakes one at a time.

NOTES

- You can replace the plant-based egg substitute with ½ scoop of vegan protein powder and 1 extra gram of guar gum.
- If you aren't a fan of chocolate, omit the cocoa powder, and use a different flavor of vegan protein powder.
- I used Silk unsweetened vanilla 8 g plant protein almond & cashew milk.
- I used Vegg Power Scramble as my plant-based egg substitute.

Copyright Coach Greg Inc. 2021

SNACKS & APPS

VEGAN

VEA-NOT BUTTER

DIFFICULTY MEDIUM

VEGAN | PREP TIME 8 MINUTES | READY IN 15 MINUTES

Chocolately peanut butter at its finest!

NUTRITION

MAKES 6 SERVINGS
Batch = ~300 g / ~1 ½ cups

Calories:	640
Fat (g):	16
Carbs (g):	84
Fiber (g):	14
Protein (g):	70
Servings:	6

SERVING

~50 g / ~1/4 cup (~4 tbsp)

Calories:	105
Fat (g):	3
Carbs (g):	14
Fiber (g):	2
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

100 g **canned white kidney beans,** *(washed and drained)*

66 g (~2 scoops) **HTLT Vegan Protein Powder** *(vanilla or chocolate preferred / or brand of choice)*

48 g (½ cup) **powdered peanut butter**

32 g (¼ cup) **FibrO IMO Powder**

80 g (⅓ cup) **unsweetened vanilla cashew milk**

30 g (2 tbsp) **low-calorie maple syrup**

1 g **guar gum** *(if not thick enough, use 1.5 g)*

1 g **salt (to taste)**

DIRECTIONS

1. Add all the ingredients into a blender and blend for 1 minute on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
2. Repeat the blending and scraping process 2 more times.
3. Once your Pea-NOT butter is lighter in color, thick and glossy, it is finished. Remove from the blender.
4. Allow to thicken and cool in the fridge as it will be hot from blending.

NOTES

- **Featured in Vea-NOT Butter French Toast Roll-Ups** *(see page 23)***.**
- Great for dipping your favourite fruits and vegetables
- To make your own peanut butter saute sauce add more unsweetened vanilla cashew milk. Or, if you want a thicker consistency
- Add 80 g-120 g of unsweetened cashew milk; If you want a thicker consistency add less, and for a smoother consistency (like I do) add more.
- Best if used within 1 week.
- It will thicken over time so you can add cashew milk and stir as needed.
- You can eat on rice cakes with fruit/ veggies, or in sandwiches as seen throughout the book.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

CLICK TO PURCHASE FIBRO IMO POWDER

Copyright Coach Greg Inc. 2021

VEGAN BALLS

DIFFICULTY HARD

VEGAN | PREP TIME 45 MINUTES | READY IN ~1 HOUR

An easy way to step away from the carnivorous diet, these balls are super tasty, and full of protein.

NUTRITION

MAKES 4 SERVINGS
(Macros without sauce)

Calories:	655
Fat (g):	8
Carbs (g):	67
Fiber (g):	20
Protein (g):	79

SERVING

7 BALLS (without sauce)

Calories:	165
Fat (g):	2
Carbs (g):	17
Fiber (g):	5
Protein (g):	20

SERVING

7 BALLS (with sauce)

Calories:	175
Fat (g):	2
Carbs (g):	19
Fiber (g):	5
Protein (g):	20

Copyright Coach Greg Inc. 2021

INGREDIENTS

Balls:

27 g (⅓ cup) **corn flake crumbs**

24 g (~⅓ cup) **textured vegetable protein (TVP)**

80 g (~⅓ cup) **unsweetened cashew milk**

8 g **fresh parsley**

30 g **onion**

6 g (~1 tbsp) **italian seasoning**

300 g **veggie ground meat**

2 g (~⅔ tsp) **guar gum** *(or 2 g agar agar)*

Sauce:

125 g (~½ cup) **water**

9 g (¼ tsp) **dry vegetable soup mix**

18 g (~1 tbsp) **vegan worcestershire sauce**

NOTES

- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

DIRECTIONS

Balls:

1. Preheat the oven to 400°F (205°C) and prepare a baking sheet with parchment paper.
2. In a small container, whisk the cashew milk and guar gum together until clumps are gone. Set aside.
3. In a small coffee grinder/blender, grind the TVP until it turns into a flour-like consistency, set aside.
4. Finely chop the onion and the parsley and place it in a large bowl, add the veggie ground meat, the powdered TVP and Italian seasoning, mix well and set aside.
5. Add the corn flake crumbs to the cashew milk and mix well. Pour the mixture over vegan meat and use your hands to mix/knead the ingredients together.
6. Measure a tablespoon of the mixture and form it into a ball.
7. Repeat step 6 until there is no mixture left (14 balls about 1" in diameter).
8. Place all the balls onto the baking sheet, and bake for 10-15 minutes.

Sauce (Optional):

9. In a small pot, place the water, soup mix and vegan worcestershire, boil for 5 minutes on high and stir constantly. Set aside to cool.
10. Once the balls are ready, plate them and pour the sauce on top (or use it on the side and dip).

Copyright Coach Greg Inc. 2021

CAULIFLOWER BITES

DIFFICULTY EASY

VEGAN | PREP TIME 20 MINUTES | READY IN 45 MINUTES

Don't let the name fool you, these are better than you think!

NUTRITION

MAKES 2 SERVINGS

Calories:	515
Fat (g):	7
Carbs (g):	75
Fiber (g):	32
Protein (g):	42

SERVING

Calories:	260
Fat (g):	3
Carbs (g):	38
Fiber (g):	9
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

Filling:

400 g (~1 head) **cauliflower**

Batter:

30 g (3 tbsp) **lupin flour**

5 g (~ 2 tsp) **smoked paprika**

0.5 g (~ ¼ tsp) **chilli powder**

1 g **pepper**

100 g **unsweetened almond milk**

2 g **sea salt**

30 g (2 tbsp) **sugar-free BBQ sauce**

Breading:

30 g **panko crumbs**

35 g (~½ cup) **granulated textured vegetable protein (TVP)**

7 g (~ 2 tbsp) **nutritional yeast**

DIRECTIONS

1. Preheat the oven 350°F (~175°C).
2. Wash and break the cauliflower into florets/pieces of different sizes.
3. In a medium size bowl, combine the dry "batter" ingredients, then add the unsweetened almond milk and the BBQ sauce.
4. Whisk (or use a fork) out all the lumps until the mixture is thick and smooth.
5. In a blender, food processor or spice grinder, blend the TVP until it is a semi fine powder/"crumble".
6. Next, get another medium bowl and put all the "breading" ingredients in (including the TVP you just ground up), set aside.
7. Add the cauliflower florets into the bowl of the batter mixture and coat them with your clean hands or a spatula (make sure that the florets are fully covered, even in between the stems).
8. Then, pick florets one by one, dip them into the crumb mix bowl until they are evenly coated with the breading.
9. Place all the florets on a baking tray and bake for 15 min, flip them over to the other side and bake them for 10 min more mixtures.

NOTES

- You can also use an air fryer instead of the oven. Use the air crisp mode for 10-15 minutes.
- For vegetarians this goes well with low-calorie sour cream and celery. For vegans, low-calorie ketchup or BBQ sauces make for a great dip.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

MAPLE PODADO CIRCLES

DIFFICULTY MEDIUM

VEGAN | PREP TIME 10 MINUTES | READY IN 1 HOUR

Sweet potatoes taken to the next level with both a CRUNCH, and a Canadian twist of maple syrup.

NUTRITION

MAKES 2 SERVINGS

Calories:	515
Fat (g):	0.4
Carbs (g):	101
Fiber (g):	19
Protein (g):	25

SERVING

Calories:	255
Fat (g):	0.2
Carbs (g):	51
Fiber (g):	10
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

450 g **sweet potato** *(peeled and cut into ~¼ inch thick circles)*

60 g (~¼ cup) **low-calorie maple syrup**

36 g (½ cup) **textured vegetable protein (TVP)**

Salt (to taste)

Pepper (to taste)

DIRECTIONS

1. Lay aluminum foil on a baking sheet and spray lightly with cooking spray.
2. Peel and cut the sweet potatoes into ~¼ inch thick circles
3. Place the sweet potato pieces on the baking sheet.
4. Pour a few drops (~½ tsp) of low-calorie maple syrup on the center of each potato circle (you can use as much or as little as you like).
5. Top the pieces with 1/2 of the TVP (18 g) and spread evenly with a fork.
6. Put the tray in the oven for 20 minutes at 400°F (~205°C).
7. Remove the potatoes from the oven, flip them over and repeat step 4 with the remaining half of the TVP (18 g).
8. Place the potatoes back in the oven and cook for ~ 20 minutes (or until golden brown).
9. Place on a plate and enjoy as is or with ketchup, low-calorie maple syrup or side of choice!

NOTES

- Ovens can vary. If they're not complete after the cooking time listed, then cook for 5 more minutes and check again.
- To save time don't peel the potatoes.
- You can also cook these in an air fryer using the same prep method (times will vary).

Copyright Coach Greg Inc. 2021

CRISPY ONION TOPPERS

DIFFICULTY MEDIUM

VEGAN | PREP TIME 20 MINUTES | READY IN 50-60 MINUTES

These are one of my favourite additions to a meal. They're light and crispy and instantly add protein to any dish. Give them a try on burgers, wraps, sandwiches and more!

NUTRITION

MAKES 3 SERVINGS

Calories:	340
Fat (g):	3
Carbs (g):	50
Fiber (g):	15
Protein (g):	29

SERVING

Calories:	115
Fat (g):	1
Carbs (g):	17
Fiber (g):	5
Protein (g):	10

Copyright Coach Greg Inc. 2021

INGREDIENTS

375 g (1 ½ serving) **spanish onion**

240 g (1 cup) **unsweetened almond milk**

48 g (~⅔ cup) **crumbled textured vegetable protein (TVP)**

Black pepper *(to taste)*

Salt *(to taste)*

Cooking spray

DIRECTIONS

1. Preheat oven to 400°F (~205°C).
2. Cut off the stem of the onion and pull back the outer layer (But dont cut it off).
3. Optional: Trim a small slice off the side of the onion and put that flat surface against the cutting board for stability.
4. Slice the onion into rings (to your desired thickness)
5. Combine onions and almond milk in a container or bowl and let soak for 10-15 minutes.
6. Drain (discard milk) and return onions to the bowl.
7. Grind the TVP into a powder-like consistency (using a coffee/spice grinder).
8. Combine the ground TVP, salt and pepper.
9. Sprinkle the onions with the spice mixture (from step 6) and toss to coat the onions.
10. Spray a baking sheet with cooking spray and transfer the onion mixture to the baking sheet and spread well.
11. Bake, stirring once or twice (every 10-15 mins), until tender and crispy, about 25-30 minutes.

NOTES

- Can be added to any casserole, sandwich or dish for extra taste and crunch!
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

CARROT APPLE CLUSTERS

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 20 MINUTES | **READY IN** 40 MINUTES

These muffins are a great way to get in your fruits and vegetables. They are super mo**t, flavorful and high in protein. A simple “grab and go” snack or a quick breakfast.

NUTRITION

MAKES 12 SERVINGS

Calories:	1395
Fat (g):	23
Carbs (g):	213
Fiber (g):	31
Protein (g):	99

SERVING

Calories:	115
Fat (g):	2
Carbs (g):	18
Fiber (g):	3
Protein (g):	8

Copyright Coach Greg Inc. 2021

INGREDIENTS

200 g **shredded carrots**

100 g **apples**

99 g (3 scoops) **HTLT Vegan Protein Powder** *(flavor of choice / or brand of choice)*

190 g **oat flour**

180 g (~3/4 cup) **pumpkin purée**

180 g (~3/4 cup) **unsweetened applesauce**

10 g (2 tsp) **vanilla extract**

3 g (~½ tsp) **Salt** *(to taste)*

5 g (~½ tbsp) **ground cinnamon**

5-10 packets **sweetener** *(or up to ⅓ cup of loose Splenda)*

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Line a muffin tin with cupcake liners and spray with cooking spray.
3. In a large bowl, mix all the dry ingredients together thoroughly. In a separate bowl, mix all the rest of the ingredients together.
4. Add the wet ingredients to the dry ingredients and mix well until everything is well incorporated (The texture will be dense).
5. Fill the cupcake liners about ¾ full of the batter. “I put ¼ cup in each cupcake liner!”
6. Bake in the oven for 20 minutes or until a toothpick comes out clean when you prick the cake with one.
7. Remove from the oven and allow to cool down for at least 20 minutes before serving. (makes 12 muffins).

NOTE

- If pressed for time, simply add all ingredients into the same bowl and mix well (this is how I make it) 😜
- Experiment with your favorite flavors of protein powder (I like vanilla or vanilla PB for these).

Copyright Coach Greg Inc. 2021

BLACK PEPPER DRESSING

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 5 MINUTES | **READY IN** 5 MINUTES

This Southern Cambodia inspired sauce is one of the most flavorful and simple sauces that you can make. It goes great with just about anything!

NUTRITION

MAKES 1 SERVINGS
Batch = ~90 g / ~⅓ cup

Calories:	35
Fat (g):	0.1
Carbs (g):	8
Fiber (g):	5
Protein (g):	3

Copyright Coach Greg Inc. 2021

INGREDIENTS

4 g (2 tsp) **black pepper**

40 g **green onion**

40 g (~3 tbsp) **lemon juice**

4 g (1 tsp) **Swerve Granulated Sugar**

1 g **salt**

DIRECTIONS

1. Finely chop the onions and set aside.
2. In a small bowl combine the pepper, salt, Swerve and lemon juice. Stir with a fork or a whisk until the salt, and sugar have dissolved.
3. Add the green onions into the sauce and mix well.

NOTES

- Pour over a salad as a dressing!
- Pour the sauce into small dipping bowls, serve with vegetables & more!
- It's important to keep this sauce in an airtight container and keep it refrigerated for up to 7 days.

Copyright Coach Greg Inc. 2021

GREGAMAME DIP

DIFFICULTY MEDIUM

VEGAN | PREP TIME 20 MINUTES | READY IN 45 MINUTES

Not only taste amazing, but it is also a great source of protein, healthy fat and fiber!

NUTRITION

MAKES 10 SERVINGS
Batch = ~600 g / ~2 ½ cups

Calories:	600
Fat (g):	22
Carbs (g):	50
Fiber (g):	23
Protein (g):	46

SERVING

~60 g / ~1/4 cup (~4 tbsp)

Calories:	60
Fat (g):	2
Carbs (g):	5
Fiber (g):	2
Protein (g):	5

Copyright Coach Greg Inc. 2021

INGREDIENTS

340 g **frozen shelled edamame**

85 g **frozen chopped spinach nuggets**

15 g (~¼ cup) **nutritional yeast**

85 g **soft tofu**

5 g (~1 tsp) **light margarine**

60 g (¼ cup) **unsweetened soy milk** *(or nut milk of choice)*

30 g (2 tbsp) **fresh squeezed lemon juice**

10 g **yellow onion**

3 g **fresh garlic**

~1 g (~¼ tsp) **dry cumin**

0.5 g (~¼ tsp) **red pepper flakes**

Sea salt *(to taste)*

Pepper *(to taste)*

2.5 g **parsley** *(garnish)*

DIRECTIONS

1. Steam the edamame for 10 minutes or until tender, and the spinach 5 minutes.
2. In a blender, place all the ingredients except for the margarine, and blend it for 30-60 seconds at high speed.
3. Open the lid, and with a spatula scrape the sides of the blender and push all the mix together.
4. Blend it again for 30-60 seconds at high speed, add the margarine, scrape the edges again and blend it for 30-60 seconds at high speed or until it reaches a smooth consistency.
5. Serve in a bowl topped with fresh parsley.

NOTES

- To increase the protein intake, you can add 1/2 scoop of HTLT Vegan Protein Powder or protein powder of choice.
- You can refrigerate this dip for up to 5 days, keep it in an airtight container.
- This dip goes well with any vegetable
- Light margarine is optional.

Copyright Coach Greg Inc. 2021

VEGAN CHEESE SAUCE

DIFFICULTY EASY

VEGAN | **PREP TIME** 5 MINUTES | **READY IN** 15 MINUTES

This Vegan Cheese Sauce is a tasty sauce to add to any air fried broccoli, Nupasta or as a dip with a raw vegetable tray.

NUTRITION

MAKES 3 SERVINGS
Batch = ~350 g / ~1 ¾ cups

Calories:	330
Fat (g):	18
Carbs (g):	16
Fiber (g):	8
Protein (g):	13

SERVING

~117 g / ~⅗ cup

Calories:	110
Fat (g):	6
Carbs (g):	5
Fiber (g):	3
Protein (g):	4

Copyright Coach Greg Inc. 2021

INGREDIENTS

285 g **unsweetened cashew milk**

1 g **guar gum**

15 g (1 tbsp) **lemon juice**

22.5 g **nutritional yeast**

3 g (~1 tsp) **garlic powder**

2g (~1 tsp) **onion powder**

0.5 g (~1/4 tsp) **paprika**

5 g (~1 tsp) **salt**

2 g (~1 tsp) **pepper**

30 g (3 tbsp) **hemp hearts**

DIRECTIONS

1. Place the hemp hearts in a small bowl and soak them in water for ~5 minutes, then strain the water.
2. In a blender, mix together the cashew milk, guar gum, lemon juice, nutritional yeast, garlic powder, onion powder, paprika, hemp hearts, salt and pepper.
3. Blend on high for 1 minute. Set aside to serve.

NOTES

- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

TACO DIP

DIFFICULTY **EASY**

VEGAN | **PREP TIME** 20 MINUTES | **READY IN** 20 MINUTES

This is a delicious and very high protein vegan taco dip! It's best served with lower carb/reduced calorie baked tortilla chips or crackers for dipping.

NUTRITION

MAKES 4 SERVINGS

Calories:	705
Fat (g):	4
Carbs (g):	93
Fiber (g):	35
Protein (g):	72

SERVING

Calories:	175
Fat (g):	1
Carbs (g):	23
Fiber (g):	9
Protein (g):	18

See **vegetarian** option on page 112!

Copyright Coach Greg Inc. 2021

INGREDIENTS

390 g **veggie ground meat of choice**

24 g (~1 package) **taco seasoning**

420 g (~1 ⅔ cups) **salsa**

125 g (½ serving) **onion**

5 g (~ 1 tsp) **minced garlic**

Optional:

Vegan cheese

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Cut the onions into small pieces and add to a lightly sprayed frying pan, sautée at a medium/high heat until lightly browned. Add the minced garlic to the pan and mix both together for 1 minute.
3. Lower the heat to low-medium, add the veggie meat to the onion mixture and heat for 5 minutes. Continuously stir the mixture.
4. Add salsa and let sit for 5 minutes on low/medium temperature.
5. Mix in the seasoning and remove from heat.
6. Place the mixture into an oven safe dish (9"x9" casserole dish).
7. Place in the oven for ~10 minutes.
8. Remove from the oven and enjoy!

NOTES

- Goes well with nacho chips or crackers.
- If you you're vegan and like things cheesy, you can top the mixture with vegan cheese during step 6 before baking.
- I often eat this straight out of the container with a fork cold before bed.

Copyright Coach Greg Inc. 2021

LUNCH

VEGAN

BLACK BEAN STIR-FRY WRAP

DIFFICULTY **HARD**

VEGAN | **PREP TIME** 15 MINUTES | **READY IN** 40 MINUTES

If you liked my Vegan Black Bean Burgers and thought Gregamame dip was delicious, get ready to expereince a new level of flavor with this delicious meatless wrap!

NUTRITION

MAKES 1 SERVING

Calories:	400
Fat (g):	7
Carbs (g):	54
Fiber (g):	15
Protein (g):	29

Copyright Coach Greg Inc. 2021

INGREDIENTS

1 **Vegan Black Bean Burger** *(see page 74)*

30 g (~2 tbsp) **Gregamame Dip** *(see page 42)*

1 **Joseph's Lavash Bread**

30 g **lettuce**

40 g **bell peppers** *(any color)*

40 g **onions**

40 g **mushrooms**

30 g **spinach**

15 g (~1 tbsp) **light mayo/salad dressing**

15 g (~1 tbsp) **spicy mustard**

15 g (~1 tbsp) **sugar-free BBQ sauce**

NOTES

- **Vegan Cheese Sauce (page 44) is another great addition to this wrap .**
- Experiment with various veggies and make it as large as possible for maximum satiety!
- Add seasoning to the pan while cooking the burger/veggies if desired.

DIRECTIONS

1. Prepare a Vegan Black Bean Burger (page 74) and the Gregamame Dip (page 42).
2. Heat a pan to medium heat, and spray with cooking spray.
3. Add the Vegan Black Bean Burger to the pan along with the bell peppers, onions, mushrooms.
4. Using a spatula, chop up the burger and mix everything together.
5. Cook for approximately ~5-10 minutes, or until the veggies are tender.
6. Lay out one Joseph's Lavash Bread onto a plate and add a layer of romaine lettuce onto the wrap.
7. Spread the Gregamame Dip onto the lettuce.
8. Add the burger pieces/veggies from the pan onto the wrap.
9. Top with as much spinach as you can fit in the wrap.
10. Microwave your wrap for 30 seconds and eat over a plate, as you will likely have a salad leftover at the end of your meal 😜

Copyright Coach Greg Inc. 2021

VEA-NOT BUTTER & JAM SAMMY

DIFFICULTY MEDIUM

VEGAN | PREP TIME 10 MINUTES | READY IN 15 MINUTES

A childhood favorite re-designed with more peanut butter and protein than ever before!

NUTRITION

MAKES 1 SERVINGS

Calories:	275
Fat (g):	4
Carbs (g):	48
Fiber (g):	3
Protein (g):	17

Copyright Coach Greg Inc. 2021

INGREDIENTS

2 slices **regular ass bread**

~50 g (¼ cup) **Vea-NOT Butter** *(see page 28)*

30 g (~2 tbsp) **sugar-free jam** *(flavor of choice)*

RICE CAKE VERSION

- Use 5 rice cakes rather than the bread, and eat open-faced for a quick and easy anytime snack.

DIRECTIONS

1. Lay one slice of bread onto a plate.
2. Spread ½ the Vea-NOT Butter onto each slice of bread.
3. Next, spread the sugar-free jam onto the Vea-NOT Butter.
4. Place both slices together or eat open-faced.
5. Cut the sandwich in half if desired.

NOTES

- If you like a lot of jam or Vea-NOT Butter, add more of either!
- Toasting your bread first is optional.

Copyright Coach Greg Inc. 2021

VEA-NOT BUTTER & BANANA SANDWICH

DIFFICULTY MEDIUM

VEGAN | PREP TIME 10 MINUTES | READY IN 15 MINUTES

One of my childhood favorites, with extra protein!

NUTRITION

MAKES 1 SERVINGS

Calories:	355
Fat (g):	4
Carbs (g):	69
Fiber (g):	6
Protein (g):	18

Copyright Coach Greg Inc. 2021

INGREDIENTS

2 slices **regular ass bread**

~50 g (¼ cup) **Vea-NOT Butter** *(see page 28)*

110 g (1 serving) **banana**

RICE CAKE VERSION

- Use 5 rice cakes rather than the bread, and eat open-faced for a quick and easy anytime snack.

DIRECTIONS

1. Lay one slice of bread onto a plate.
2. Spread ½ the Vea-NOT Butter onto each slice of bread.
3. Next, thinly slice your banana into circles or strips.
4. Place the banana onto the two slices of bread.
5. Place both slices together or eat open-faced.
6. Cut the sandwich in half if desired.

NOTES

- If you like a lot of banana or Vea-NOT Butter, add more of either!
- I prefer toasting the bread.

Copyright Coach Greg Inc. 2021

GRILLED VEGAN SKEWERS

DIFFICULTY HARD

VEGAN | **PREP TIME** 10 MINUTES | **READY IN** 15 MINUTES

Vegan Skewers are a delicious and easy way to eat your veggies and proteins at the same time, and a great addition to your summer BBQ's.

NUTRITION

MAKES 10 SERVINGS

Calories:	735
Fat (g):	24
Carbs (g):	85
Fiber (g):	22
Protein (g):	57

SERVING

Calories:	75
Fat (g):	2
Carbs (g):	9
Fiber (g):	2
Protein (g):	6

Copyright Coach Greg Inc. 2021

INGREDIENTS

200 g **tempeh**

225 g (½ serving) **mushrooms**

250 g (1 serving) **red onion**

300 g (½ serving) **zucchini**

200 g **bell peppers**

7 g **fresh garlic**

80 g (~⅓ cup) **balsamic vinegar**

15 g (1 tbsp) **soy sauce**

1.5 g (½ tsp) **garlic powder**

10 **wooden skewers**

Salt and pepper *(to taste)*

Cooking spray

DIRECTIONS

1. Soak the wood skewers in cold water for at least 15 minutes.
2. Chop the vegetables and tempeh into large pieces.
3. Place all the vegetables and tempeh into a big bowl and stir in a folding motion.
4. Spray the tempeh with cooking spray and season with salt, pepper and garlic powder, set aside.
5. In a medium bowl, add crushed garlic, balsamic vinegar and soy sauce.
6. Begin making the skewers by sliding a mushroom to the end of each skewer.
7. Alternate the different coloured vegetables and tempeh onto the skewers, leaving some space between them. End each skewer with a mushroom.
8. Place the skewers onto a tray and pour the balsamic-soy mixture over them. Using a basting brush, spread the extra liquid over the skewers.
9. Preheat the grill to medium heat. Once it is hot, add the skewers and grill for ~5-8 minutes per side or until the veggies have softened and browed around the edges.

NOTES

- It's important to leave a small space between each vegetable for air and heat to circulate (this cooks them evenly).
- If you decide to add other vegetables of your choice, note that it's important to use vegetables with similar cooking times.
- For extra taste, marinate the skewers overnight.

Copyright Coach Greg Inc. 2021

SPAGHETTI N' CHEESE

DIFFICULTY HARD

VEGAN | PREP TIME 20 MINUTES | READY IN 30 MINUTES

This vegan Spaghetti N' Cheese is amazing. It's perfect for lunch or dinner, very filling and low in calories. Perfect to go with a high-protein side of you choosing.

NUTRITION

MAKES 2 SERVINGS

Calories:	575
Fat (g):	22
Carbs (g):	68
Fiber (g):	23
Protein (g):	24

SERVING

Calories:	290
Fat (g):	11
Carbs (g):	34
Fiber (g):	11
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g **spaghetti squash**

250 g **broccoli**

285 g **unsweetened cashew milk**

1 g (⅓ tsp) **guar gum**

15 g (1 tbsp) **lemon juice**

25 g **nutritional yeast**

3 g (~1 tsp) **garlic powder**

2 g (~1 tsp) **onion powder**

1 g (~½ tsp) **paprika**

5 g (~1 tsp) **salt**

2 g (1 tsp) **pepper**

30 g (3 tbsp) **hemp hearts**

DIRECTIONS

1. **Squash Prep:**
   - Slice the spaghetti squash in half lengthwise, and clean out the seeds/ pulp.
   - Place the squash skin up in a microwave-safe bowl. Add ~2 cm of water around the squash and microwave for 10 minutes on high.
2. Using a fork, scrape out the inside of the squash ("the noodles") into a bowl and discard the skin. Set aside.
3. Wash the broccoli and cut into bite sized pieces. Steam the broccoli until it's soft to the touch but still firm on the inside. Set aside.
4. Put the hemp hearts in a small bowl and soak them in warm/hot water for ~5 minutes, strain the water.
5. To make the "cheese sauce", add the cashew milk, guar gum, lemon juice, nutritional yeast, garlic powder, onion powder, paprika, hemp hearts, salt and pepper to a blender. Blend on high for 1 minute.
6. Warm a pan on medium heat and spray with cooking spray.
7. Add the spaghetti squash to the pan and heat for a few minutes.
8. From the blender, pour the "cheese sauce" over the spaghetti squash noodles, and gently mix until the sauce is well blended with the "noodles".
9. Fold the broccoli into the mixture and warm to desired temperature.
10. Serve on a plate with a high-protein vegan side of your choice or on its own.

NOTES

- If you're vegetarian and want more protein, top with fat-free cheese.
- Perfect to go along with a high-protein side of choice.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

CABBAGE PLANT BASED SOUP

DIFFICULTY MEDIUM

VEGAN | **PREP TIME** 20 MINUTES | **READY IN** 50 MINUTES

Cabbage Soup is a savory soup made with a variety of vegetables and spices. It's great for weight loss because it's low calorie dense and hearty. It's also inexpensive and easy to make!

NUTRITION

MAKES 4 SERVINGS

Calories:	900
Fat (g):	7
Carbs (g):	139
Fiber (g):	49
Protein (g):	81

SERVING

Calories:	225
Fat (g):	2
Carbs (g):	35
Fiber (g):	12
Protein (g):	20

Copyright Coach Greg Inc. 2021

INGREDIENTS

250 g (1 serving) **carrots**

125 g (½ serving) **onions**

398 g **canned sliced/stewed tomatoes**

250 g **cabbage**

15 g (½ packet) **dried onion soup**

270 g **tomato juice**

150 g **peppers**

150 g **celery**

198 g **vegetable broth**

390 g **veggie ground meat**

720 g (~3 cups) **water**

Black pepper *(to taste)*

NOTES

- You can also use a pressure cooker (35 minutes on high).
- Recipe will thicken over time, add water to achieve your desired consistency, as well as lower the calories per cup.
- You can substitute any of the vegetables as long as it matches the calorie/macro.
- Optional: 9 g (1 tbsp) guar gum (see step 4). I use this to make it thicker and add more volumous.
- Use more or less water based on preference.

DIRECTIONS

1. Chop all the vegetables to desired thickness (the thicker the vegetables the longer they will take to soften)
2. Add the carrots, onion, diced tomatoes, cabbage, peppers and celery in a large pot.
3. Add the onion soup mix, tomato juice, broth, veggie ground and enough water to cover the vegetables (~720 g/ 3 cups)
4. Bring the pot to a boil, (optional: at this point, I add 1 tbsp of guar gum and 2 cups of warm water to the pot. This adds more volume and thickens the recipe).
5. Bring to a boil once again, reduce heat to a minumum and allow to simmer for an hour or longer until the vegetables are tender while stirring occasionally.
6. Remove from heat, allow to cool slightly, and eat at any time, or freeze for later use.

Copyright Coach Greg Inc. 2021

DINNER

VEGAN

VEGAN PAD THAI

DIFFICULTY HARD

VEGAN | PREP TIME 30 MINUTES | READY IN 40 MINUTES

Lower in calories and higher in protein than regular Pad Thai! So you can eat more than last time!

NUTRITION

MAKES 2 SERVINGS

Calories:	**720**
Fat (g):	**15**
Carbs (g):	**110**
Fiber (g):	**32**
Protein (g):	**56**

SERVING

Calories:	**360**
Fat (g):	**7**
Carbs (g):	**55**
Fiber (g):	**16**
Protein (g):	**28**

See **vegetarian** option on the page 132!

Copyright Coach Greg Inc. 2021

INGREDIENTS

420 g **Nu-Pasta - Fettucini**

200 g (~½ serving) **bell peppers, red, orange, yellow**

125 g **carrots, shredded**

125 g **red onion**

100 g **snow peas**

30 g **bean sprouts**

Sauce Ingredients:

9 g (~1 tbsp) **garlic powder**

6 g (~1 tbsp) **onion powder**

6 g (~1 tbsp) **ground ginger**

15 g (1 tbsp) **soy sauce**

28 g (¼ cup) **plant-based egg** *(I used Vegg Power Scramble)*

170 g **tofu, soft**

24 g (4 tbsp) **powdered peanut butter**

30 g (2 tbsp) **water**

1/3 cup (80 g) **vegetable stock**

30 g (2 tbsp) **rice wine vinegar**

15 g (1 tbsp) **fresh lime juice**

45 g (3 tbsp) **low-calorie maple syrup**

30 g (2 tbsp) **soy sauce**

12 g (1 tbsp) **worcestershire sauce**

15 g (~1 tbsp) **minced garlic**

12 g (1 tbsp) **minced ginger**

DIRECTIONS

1. Cut the onions.
2. Spray a large skillet/wok and bring it to a medium heat.
3. Add the onions to the skillet/wok and cook until tender. Add the remaining veggies and let cook until all vegetables are soft to the touch.
4. Cut the tofu into pieces (size of choice).
5. Add the tofu and strained Nu-Pasta to the skillet/wok and fold veggies into pasta (do not mix vigorously as that will break the pasta).
6. Lower the heat to medium-low and continue cooking.
7. In a separate bowl mix together all the ingredients for the sauce, and pour over the vegetables in the skillet/wok. Fold the veggies, sauce and pasta together.
8. Let stand/marinate in the skillet/wok for 10 minutes (or eat right away if you would like).

NOTES

- If you're missing 1 or 2 liquid ingredients, don't worry! The recipe will still taste great. There are no rules in the anabolic kitchen. Feel free to make small adjustments to portion sizes and ingredients.
- For more volume, double the recipe and use 840 g of Nu-Pasta.

Copyright Coach Greg Inc. 2021

BEAN CHILI

DIFFICULTY MEDIUM

VEGAN | PREP TIME 10 MINUTES | READY IN 30 MINUTES

Whether you're relaxing and watching your favorite show, or eating as a family on a cold winter day, this hearty bean chili is sure to satisfy!

NUTRITION

MAKES 5 SERVINGS

Calories:	1375
Fat (g):	9
Carbs (g):	248
Fiber (g):	66
Protein (g):	76

SERVING

Calories:	275
Fat (g):	2
Carbs (g):	50
Fiber (g):	13
Protein (g):	15

Copyright Coach Greg Inc. 2021

INGREDIENTS

250 g (1 serving) **onion**

10 g (~2 tsp) **minced garlic**

1 can (398 ml/14 oz) **black beans**

1 can (398 ml/14 oz) **red kidney beans**

1 can (796 ml/28 oz) **crushed tomatoes**

(1 package) **chili seasoning**

23 g (~ 1 ½ tbsp) **chipotle chilli puree**

1 tbsp (15 g) **rice vinegar**

180 g (¾ cup) **water**

225 g (½ serving) **mushrooms**

175 g (~½ serving) **bell peppers** *(any color)*

36 g (½ cup) **granulated textured vegetable protein (TVP)**

Optional:

Fat-free sour cream *(to taste)*

Salsa *(to taste)*

Chopped cilantro *(to taste)*

DIRECTIONS

1. Lightly spray a pot and heat on medium-high. Next, cook the onion, TVP, garlic, mushrooms and bell peppers until everything becomes tender.
2. Strain and rinse the beans well.
3. Add the beans, crushed tomatoes, chili seasoning and ½ cup of water into the pot. Bring them to a boil, then reduce the heat and simmer for ~10 minutes, stirring occasionally, to blend flavors.
4. Stir in the chipotle chili puree, rice vinegar and add salt/pepper to taste.
5. Let simmer for ~15-20 minutes (If you have time, you can simmer longer than 20 minutes as it can help increase flavor).

NOTES

- If missing chipolte chili puree or rice vinegar, it's still ok, you can sub an extra 1/2 package of chili seasoning.

Copyright Coach Greg Inc. 2021

INSIDE-OUT BAKED "VODADO"

DIFFICULTY HARD

VEGAN | PREP TIME 15 MINUTES | READY IN 30 MINUTES

Check out the vegetarian portion of the book for a great vegetarian version of this recipe!

NUTRITION

MAKES 1 SERVING

Calories:	365
Fat (g):	2
Carbs (g):	65
Fiber (g):	10
Protein (g):	20

See **vegetarian** option on the page 138!

Copyright Coach Greg Inc. 2021

INGREDIENTS

300 g (~1 large) **potato**

125 g (~½ cup) **0% fat-free oat-based vegan yogurt**

45 g (3 tbsp) **salsa**

5 g (~1 tbsp) **nutritional yeast**

50 g **veggie ground meat**

10 g **green onion**

Salt *(to taste)*

Pepper *(to taste)*

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Slice the potato in half, and cook in the microwave for 5 minutes, or until fully cooked.
3. Take a spoon and gently scoop out the white part of the potato and place into a separate bowl. Make sure the skin remains intact while doing this (kind of like scooping out an avocado.
4. Mix the inside white of potato, oat-based vegan yogurt, salsa, nutritional yeast, and veggie ground meat until there is a smooth, even consistency.
5. Spray a baking sheet with cooking spray, and place the hollow potato half skins on it.
6. Spoon the potato mixture back into each of the potato skins and place the baking sheet in the oven for 10 minutes.
7. Remove from the oven and serve. Top with green onions, salt and pepper (if desired).

NOTES

- Cook in bulk making 4-6 servings, this will give you leftovers and save you time!
- On its own, I hate the taste of the oat-based yogurt. However, this recipe makes it taste great.

Copyright Coach Greg Inc. 2021

VEGAN STUFFED PEPPERS

DIFFICULTY HARD

VEGAN | PREP TIME 20 MINUTES | READY IN 50 MINUTES

These stuffed peppers are filled with a delicious blend of veggies, veggie ground meat and seasoning that is sure to impress!

NUTRITION

MAKES 4 SERVINGS

Calories:	1000
Fat (g):	12
Carbs (g):	113
Fiber (g):	41
Protein (g):	120

SERVING

Calories:	250
Fat (g):	3
Carbs (g):	28
Fiber (g):	10
Protein (g):	30

Copyright Coach Greg Inc. 2021

INGREDIENTS

390 g **veggie ground meat**

~ 500 g (4) **large bell pepper** *(any colour or mixed)*

48 g (~⅔ cup) **granulated textured vegetable protein (TVP)**

190 g (~¾ cup) **tomato sauce**

75 g **mushrooms**

75 g **spinach**

50 g **cauliflower rice**

125 g (½ serving) **onions**

2.5 g (1 tsp) **pre-minced garlic**

1 g **crushed basil**

Any seasoning of choice *(to taste)*

Salt *(to taste)*

Pepper *(to taste)*

Cooking spray

NOTES

- Vegan cheese is a great optional topping for this dish.
- If you aren't vegan, you can add 38 g of fat-free shredded cheese/fat-free cheese slices, parmesan or feta if desired (calories not calculated in the macros)

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the peppers and clean out the core leaving you with a hollow pepper (resembling a bowl). Cut the remaining pieces of the tops of the peppers into small pieces.
3. Dice the yellow onions into small cubes and mince the garlic (see cooking for morons).
4. In a pan, cook the veggie ground meat until fully cooked, strain and rinse, place in a bowl.
5. Saute onion and garlic for 5 minutes then add all additional vegetables to the pan. Once the vegetables are soft add the veggie ground meat, tomato sauce, TVP and seasonings of choice.
6. Portion the mixture into each pepper. Place into a dish that will keep the peppers standing up right (a loaf pan works best).
7. Bake for 25 minutes, take out of the oven and let stand for a few minutes to cool before eating (it's hot, don't burn the roof of your mouth).

Copyright Coach Greg Inc. 2021

VEGAN STUFFED TOMATOES

DIFFICULTY HARD

VEGAN | PREP TIME 20 MINUTES | READY IN 30-40 MINUTES

You've probably had stuffed peppers, maybe even stuffed mushrooms. But, have you ever had stuffed tomatoes? Now is your chance! This dish has a delicious vegetarian combination of flavours that work perfect together, all while being united by a flavorful baked tomato.

NUTRITION

MAKES 6 SERVINGS

Calories:	1140
Fat (g):	27
Carbs (g):	119
Fiber (g):	42
Protein (g):	108

SERVING

Calories:	190
Fat (g):	5
Carbs (g):	20
Fiber (g):	7
Protein (g):	18

Copyright Coach Greg Inc. 2021

INGREDIENTS

1500 g (~6) **large tomatoes**

340 g **veggie ground meat**

48 g (~⅔ cup) **textured vegetable protein (TVP)**

10 g **chopped parsley**

Vegan cheese of choice *(up to 180 cals)*

Vegan parmesan *(to taste up to 40 cals)*

Pepper *(to taste)*

Salt *(to taste)*

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Grind your TVP into a semi fine powder (coffee/spice grinder).
3. Cut a thin slice off the top of the tomatoes.
4. Gently scoop the pulp from the tomato and place it in a bowl. Place the tomato shells upside down on a paper towel to allow any excess liquid to drain.
5. Mix the veggie ground meat, tomato pulp, parmesan cheese, cheddar cheese, salt, pepper until uniformally mixed (~20-30 seconds).
6. Fill the tomatoes with the stuffing mixture and top with parsley.
7. Place the tomatoes in a baking dish and cover with aluminum foil.
8. Bake until tomatoes are tender and stuffing is hot (~20 minutes).

NOTES

- You can also make this higher in protein and vegetarian by using regular low-fat cheese.
- Eat on its own as a meal or combine with other vegan sides.

Copyright Coach Greg Inc. 2021

SWEET "PODADO" CASSEROLE

DIFFICULTY MEDIUM

VEGAN | PREP TIME 30 MINUTES | READY IN ~1 HOUR

Stuck between sweet and savory for your next meal? Look no further! If you don't know why this says "podado" do you even watch YouTube?

NUTRITION

MAKES 3 SERVINGS

Calories:	840
Fat (g):	1
Carbs (g):	173
Fiber (g):	30
Protein (g):	36

SERVING

Calories:	280
Fat (g):	0.2
Carbs (g):	58
Fiber (g):	10
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

720 g **sweet potato**

48 g (⅔ cup) **textured vegetable protein (TVP)**

125 g (½ cup) **pineapple, crushed canned**

30 g (2 tbsp) **vegetable broth**

Salt *(to taste)*

Pepper *(to taste)*

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Peel the sweet potatoes, and boil until soft (cutting them in half will lower boiling time).
3. Dump out the water and mash thoroughly. (This can be done with a hand masher, blender, etc).
4. In a large pot, add vegetable broth, salt and pepper to your desired taste, as well as the crushed pineapple and 24 g (half) the TVP.
5. Mash again until smooth.
6. Spread into an oven safe dish and top with the remaining 24 g of TVP.
7. Place in the oven and bake for 30 minutes.
8. Remove from the oven and let stand for ~5 minutes, cut and serve.

NOTES

- To make a higher protein and more filling meal, as a side, add 100 calories of any high protein vegetable of choice, I like asparagus, mushrooms or bok choy (not included in macros).
- You can use ½ sweet potatoes and ½ regular potatoes if desired.

Copyright Coach Greg Inc. 2021

VEGAN BLACK BEAN BURGERS

DIFFICULTY HARD

VEGAN | PREP TIME 15 MINUTES | READY IN 40 MINUTES

This recipe is so simple and delicious. Make it once and it will have a permanent place in your weekly routine. Make them on a BBQ or in the oven for a quick and tasty meal.

NUTRITION

MAKES 6 SERVINGS
Including Buns

Calories:	1330
Fat (g):	14
Carbs (g):	246
Fiber (g):	42
Protein (g):	67

SERVING

Per burger with bun

Calories:	220
Fat (g):	2
Carbs (g):	41
Fiber (g):	7
Protein (g):	11

SERVING

Per burger without bun

Calories:	110
Fat (g):	1
Carbs (g):	20
Fiber (g):	6
Protein (g):	8

Copyright Coach Greg Inc. 2021

INGREDIENTS

6 **regular ass hamburger buns**

540 ml can (~360 g drained) **black beans**

20 g **fresh parsley**

60 g **bell peppers** *(red, orange and/or yellow)*

30 g **red onion**

70 g **yellow onions**

87 g (¼ cup) **vegan ground beef**

60 g (¼ cup) **tomato sauce**

6 g (2 tsp) **guar gum**

7 g (~2 tsp) **liquid smoke**

2.5 g (~ ½ tsp) **salt**

1.5 g (¾ tsp) **black pepper**

1.5 g (~ ½ tsp) **garlic powder**

120 g **lettuce**

150 g **tomatoes**

Condiments of choice *(10 cals per burger)*

Optional: vegan cheese

DIRECTIONS

1. Preheat the oven to 375°C (190°F), and prepare a baking sheet with parchment paper.
2. Drain and rinse the canned black beans, chop the parsley, onion and peppers.
3. In a food processor, add all your ingredients, and blend for 1 minute, scrape down the sides and blend it again for 30-60 seconds.
4. Once the mixture is fully combined, scoop ⅙th of the mixture, and place it gently on the baking sheet. You can shape the patty using your fingers. Continue this process until you have 6 patties on your baking sheet.
5. Bake the patties for 25 minutes. Let the patties cool for a few minutes and then serve.

NOTES

- You can eat these as a burger, lettuce bun burger, or side to any entree (just the patty).
- I use Gardein vegan ground beef (if using a different vegan ground beef adjust calories accordingly.
- For veggies and condiments of choice, I use no sugar-added ketchup, mustard, pickles, fresh tomatoes, onions and lettuce.
- The ***Gregamame Dip (see page 42)*** and/or ***Vegan Cheese Sauce (see page 44)*** would be a great addition to the burger.
- You can use 6 g of agar agar rather than guar gum if desired.

Copyright Coach Greg Inc. 2021

DESSERT

VEGAN

DONUTS/VONUTS

DIFFICULTY MEDIUM

VEGAN | **PREP TIME** 20 MINUTES | **READY IN** 30-40 MINUTES

Vegan donuts are easy to find. BUT, how many of those are low in calories and high in protein? Almost ZEEEEEEEEEEEEEERRRO. Until now!

NUTRITION

MAKES 4 SERVINGS

Calories:	800
Fat (g):	22
Carbs (g):	101
Fiber (g):	4
Protein (g):	44

SERVING

Calories:	200
Fat (g):	6
Carbs (g):	25
Fiber (g):	1
Protein (g):	11

Copyright Coach Greg Inc. 2021

INGREDIENTS

Donut Base:

4 **regular ass hamburger buns**

120 g (½ cup) **unsweetened vanilla cashew milk**

16 g (~½ scoop) **HTLT Vegan Protein Powder** *(flavor of choice / or brand of choice)*

Filling:

33 g (1 scoop) **HTLT Vegan Protein Powder** *(flavor of choice / or brand of choice)*

45 g (~3 tbsp) **sugar-free strawberry jam**

45 g (~3 tbsp) **low-calorie syrup**

Topping:

9 g (1 tbsp) **Swerve Icing Sugar**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet and spray with cooking spray, set aside. Preheat the oven to 350°F (~175°C).
2. In a bowl add vegan vanilla PB protein powder, sugar free strawberry jam, and low-calorie maple syrup. Mix until smooth and set aside. You have now completed the filling for your vonuts.
3. Combine the cashew milk and 16 g of the protein powder in a separate bowl, mix until smooth.
4. Cut all 4 hamburger buns in half if not pre-cut.
5. Quickly dip (~½ second) each half of the hamburger bun on both sides in the mixture and place on a plate with the inside part of the bun facing up.
6. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling).
7. Add the filling to the 4 indentations you just made on the top half of the buns.
8. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the donuts.
9. Flip the donuts and place them on the sprayed baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point).
10. Bake at 350°F (~175°C) for 10 minutes or until golden brown.
11. Place 9 g (1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top. I personally like a lot of Swerve).
12. Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details.)!

NOTES

- You can use any flavor of no sugar added jam.
- If you like a creamier donut center, add 1-2 tbsp of low-calorie maple syrup or nut milk of choice.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

CLICK TO PURCHASE HTLT VEGAN PROTEIN POWDER

Copyright Coach Greg Inc. 2021

VEGAN CUSTARD

DIFFICULTY EASY

VEGAN | **PREP TIME** 5 MINUTES | **READY IN** 10 MINUTES

A sweet, plant-based, high protein custard you can eat on its own, or as a topping to add more protein to your favorite, baked goods, pancakes, french toast, fruit, etc!

NUTRITION

MAKES 2 SERVINGS

Calories:	175
Fat (g):	8
Carbs (g):	16
Fiber (g):	11
Protein (g):	16

SERVING

Calories:	85
Fat (g):	4
Carbs (g):	8
Fiber (g):	6
Protein (g):	8

Copyright Coach Greg Inc. 2021

INGREDIENTS

225 g **soft tofu**

8 g (~½ tbsp) **lemon juice**

16 g (2 tbsp) **cinnamon**

60 g (5 tbsp) **Swerve Brown Sugar**

DIRECTIONS

1. Add all ingredients to the blender and blend until a smooth consistency is reached (60-90 seconds).

NOTES

- It is important to store this custard in an airtight container. It will keep for about a week.

Copyright Coach Greg Inc. 2021

VEGETARIAN RECIPE SECTION

BREAKFAST

VEGETARIAN

BREAKFAST EGG LOAF

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 30 MINUTES

Delicious oven baked goodness with enough protein for two people, or one hungry individual.

NUTRITION

MAKES 2 SERVINGS

Calories:	490
Fat (g):	3
Carbs (g):	53
Fiber (g):	4
Protein (g):	65

SERVING

Calories:	245
Fat (g):	2
Carbs (g):	26
Fiber (g):	2
Protein (g):	33

Copyright Coach Greg Inc. 2021

INGREDIENTS

60 g (~4-6 slices) **veggie meat deli slices** *(I used ham)*

57 g (3 slices) **fat-free cheese or shredded equivalent**

70 g **onion**

60 g **red pepper**

20 g **mushrooms**

360 g (1 ½ cups) **egg whites**

2 g (~2 tsp) **basil**

Garlic powder *(to taste)*

Salt *(to taste)*

DIRECTIONS

1. Preheat the oven to 400°F (~205°C) and spray a small loaf pan with cooking spray.
2. In a mixing bowl, add the egg whites, spices and vegetables.
3. Layer the bottom and sides of the small loaf pan with the veggie slices.
4. Pour the egg mixture over the veggie meat deli slices and place the cheese on top of the egg mixture.
5. Bake for 20 minutes at 400°F (~205°C).
6. Place the cheese on top of the egg mixture.
7. Lower the oven temperature to 350°F (~175°C) and bake for another 10 minutes, or until the egg whites seem cooked.

NOTES

- Can be made in muffin cups, layer the muffin cups with two pieces of veggie slices.
- Any veggie meat of choice can be used!
- You can use different veggies according to personal preference.
- Feel free to experiment and add either more veggie meat, or fat-free cheese to your preference.

Copyright Coach Greg Inc. 2021

BANANA CREAM STUFFED RICE CAKES

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

I eat these as a sandwich, they're not messy and you can take this breakfast to-go! Quick, easy and delicious!

NUTRITION

MAKES 4 SERVINGS

Calories:	530
Fat (g):	1
Carbs (g):	73
Fiber (g):	3
Protein (g):	50

SERVING

Calories:	130
Fat (g):	0.3
Carbs (g):	18
Fiber (g):	1
Protein (g):	13

Copyright Coach Greg Inc. 2021

INGREDIENTS

Filling:

45 g (3 tbsp) **egg whites**

40 g **frozen OR overripe banana**

36 g (¼ cup) **Swerve Icing Sugar**

32 g (1 scoop) **HTLT Vanilla Whey Protein Powder** *(or whey of choice)*

2.5 g (½ tsp) **vanilla extract**

1.5 g (½ tsp) **guar gum**

Rice Cake Base:

8 **rice cakes**

120 g (½ cup) **egg whites**

1 g (½ tsp) **cinnamon**

2.5 g (~½ tsp) **vanilla extract**

DIRECTIONS

Stage 1 (Filling):

1. Microwave the frozen banana for 30 seconds.
2. Mash the thawed banana with a fork until smooth.
3. Place the mashed banana and the additional filling ingredients into a bowl and whisk until smooth (you can also use a hand blender or fork if you'd like to mix longer than last time).
4. Set aside.

Stage 2 (Rice Cakes/Assembly):

5. Pour the egg whites, cinnamon and vanilla extract into a flat bottom container and whisk or mix well.
6. Place 2 rice cakes into the egg white mixture for 5 seconds on each side. Place the dipped rice cakes onto a plate and pour a ¼ of the filling on top of a rice cake. Then place the other rice cake on top forming a sandwich.
7. Repeat step 6, to make the four Banana Cream Stuffed Rice Cakes (For the last 2 rice cakes, swirl them in the egg white mixture or shake the container side to side in order to fully cover them. If you have leftover filling, you can make a 5th sandwich, use it as a dip or lick the bowl like I do!).
8. Heat a pan to medium-low heat, then spray for 1 second with non-stick cooking spray.
9. Place the four Banana Cream Stuffed Rice Cakes on the pan. Heat for 3-4 minutes or until golden brown, flip and cook for 2-3 additional minutes.
10. Remove from the pan and eat as a sandwich, or with syrup using a fork and knife (I personally eat this as a sandwich).

NOTES

- The riper a banana is the sweeter it is!
- Optional: Top with fresh banana (not included in macros)

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

HTLT FRENCH TOAST RICE CAKES

DIFFICULTY EASY

VEGETARIAN | **PREP TIME** 10 MINUTES | **READY IN** 20 MINUTES

Everyone knows that I'm famous for my Anabolic French Toast. If you're a fan of french toast, give this variation a try using your favourite flavor of protein powder.

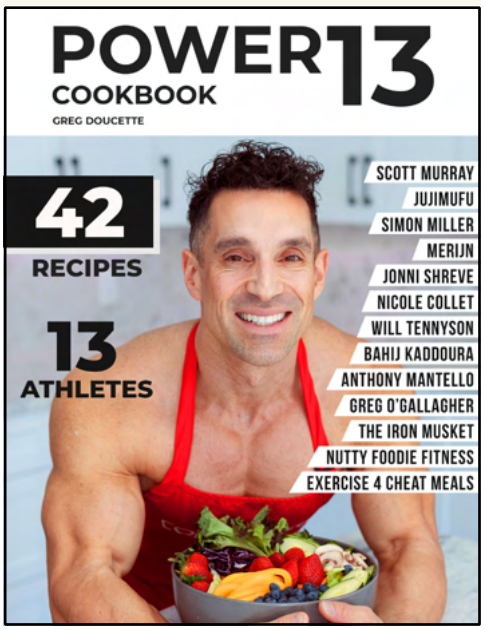
NUTRITION

MAKES 1 SERVING

Calories:	355
Fat (g):	0.5
Carbs (g):	46
Fiber (g):	0
Protein (g):	31

This bonus recipe is featured in the Power 13

Click here to get it!



Copyright Coach Greg Inc. 2021

INGREDIENTS

6 **rice cakes**

120 g (½ cup) **egg whites**

10 g (2 tsp) **vanilla extract**

16 g (~½ scoop) **HTLT Protein Powder**
(any flavor / or brand of choice)

2 packets **sweetener**

Optional: 1 g (~⅓ tsp) **guar gum**

DIRECTIONS

1. Preheat the stove to medium-low heat.
2. Place all ingredients (except rice cakes) into a bowl and whisk.
3. Once whisked thoroughly, dip the rice cakes into the bowl for ~5 seconds while flipping them to make sure the egg whites are absorbed. Next, place them onto the pan.
4. If there is any egg white mixture remaining, pour it over the last rice cake you placed on the pan to ensure it is fully covered.
5. Flip the rice cakes until they are golden brown on both sides (or cooked to desired firmness).
6. Top with your favorite ingredients (best topped with sugar-free caramel syrup, chocolate syrup or low calorie maple syrup).

NOTES

- For the light version, use 5 rice cakes and soak them for longer (It reduces calories by 35.

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

STRAWBERRY CREAM STUFFED RICE CAKES

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

Take rice cakes to the next level with this delicious creation.

NUTRITION

MAKES 4 SERVINGS

Calories:	495
Fat (g):	1
Carbs (g):	68
Fiber (g):	0.5
Protein (g):	46

SERVING

Calories:	125
Fat (g):	0.3
Carbs (g):	17
Fiber (g):	0.1
Protein (g):	11

Copyright Coach Greg Inc. 2021

INGREDIENTS

Filling:

34 g (1 scoop) **HTLT Vanilla Whey+Casein Protein Powder** *(or favorite flavor/protein - see note if using whey)*

30 g (2 tbsp) **sugar-free strawberry jam**

30 g (2 tbsp) **low-calorie maple syrup**

Rice Cake Base:

8 **rice cakes** *(up to 35 calories each)*

120 g (½ cup) **egg whites**

1 g **cinnamon**

2.5 g (½ tsp) **vanilla extract**

DIRECTIONS

Filling (Stage 1):

1. In a bowl add protein powder, sugar-free strawberry jam and low-calorie maple syrup. Mix until completely smooth and set aside (it will look dry at first, just keep mixing!). You have now made the filling.

Rice Cake/Assembly (Stage 2):

2. Pour the egg whites, cinnamon and vanilla extract into a flat bottom container and mix well.
3. Place 2 rice cakes into the egg white mixture for 5 seconds on each side. (For the last 2 rice cakes, you may need to swirl them in the egg white mixture or shake the container side to side in order to fully cover them). Place the dipped rice cakes onto a plate and pour a ¼ of the filling on top of a rice cake. Then place the other rice cake on top forming a sandwich.
4. Repeat steps 2-3 (in Stage 2), to make the four Strawberry Cream Stuffed Rice Cakes.
5. Heat a pan to medium-low heat, then spray for 1 second with non-stick cooking spray.
6. Place the rice cake sandwiches onto the pan and cook for 3-4 minutes or until golden brown, flip and cook for 2-3 additional minutes.
7. Remove from the pan and eat as a sandwich, or with syrup using a fork and knife (I personally eat this as a sandwich).

NOTES

- There are no rules in the kitchen! Use any flavour of no sugar added jam; wild blueberry, raspberry for example.
- **If using whey protein powder, add 1 g (1/3 tsp) of guar gum to thicken.**

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

CARAMEL RICE CAKE SANDWICHES

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

Are you looking for another way to use your rice cakes? Look no further! These Caramel Rice Cake Sandwiches will satisfy your sweet tooth, while filling you up with less calories than last time! Who would have thought you could have dessert for breakfast?

NUTRITION

MAKES 3 SERVINGS

Calories:	565
Fat (g):	6
Carbs (g):	82
Fiber (g):	0.5
Protein (g):	43

SERVING

Calories:	190
Fat (g):	2
Carbs (g):	28
Fiber (g):	0.2
Protein (g):	14

This bonus recipe is featured in the Power 13

Click here to get it!

Copyright Coach Greg Inc. 2021

INGREDIENTS

Rice Cake Base:

6 **caramel rice cakes**

120 g (½ cup) **egg whites**

1 g **cinnamon**

Filling:

34 g (1 scoop) **HTLT Vanilla Whey+Casein Protein Powder** *(or favorite flavor/protein - see note if using whey)*

2.5 g (~ ½ tsp) **maple extract**

35 g (~ 2 ½ tbsp) **low-calorie maple syrup**

1 packet **sweetener**

13 g **toffee bits** *(up to 70 calories)*

DIRECTIONS

Filling (Stage 1):

1. Put 1 scoop of vanilla protein (or flavor of choice) in a bowl.
2. Mix in the low-calorie maple syrup, sweetener and maple extract. The mixture will look dry at first but will eventually mix to a thicker consistency (be patient!).

Stage 2 Rice Cakes/Assembly:

3. Pour the egg whites and cinnamon into a flat bottom container and mix well.
4. Dip 2 rice cakes into the egg white mixture for ~ 5 seconds on each side. (for the last 2 rice cakes, you may need to swirl them in the egg white mixture or shake the container side to side in order to fully cover them).
5. If there is any egg white mixture remaining, pour it over the last rice cake to ensure it is fully covered.
6. Place the dipped rice cakes onto a plate and pour ⅓ of the filling on top of a rice cake. Then sprinkle ⅓ of the skor bits over the filling. Next, place the other rice cake on top forming a sandwich.
7. Repeat steps 3-4, to make the three Caramel Vanilla Rice Cakes.
8. Heat a pan to low/medium heat, then spray for 1 second with non-stick cooking spray.
9. Place the 3 Caramel Vanilla Rice Cakes sandwiches onto the pan. Cook for 4-5 minutes or until golden brown, flip and cook for 2-3 additional minutes. Let cool for 1-2 minutes to allow the rice cake to harden.
10. Remove from the pan and eat as a sandwich, or with syrup using a fork and knife (I personally eat these as sandwiches).

NOTE

- **If using whey protein powder, add 1 g (1/3 tsp) of guar gum to thicken.**

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

CHOCOLATE STUFFED RICE CAKES

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

If you know me, well then you know how much I love sweet food and of course FRENCH TOAST! This recipe does not disappoint, you are surely going to love it.

NUTRITION

MAKES 4 SERVINGS

Calories:	500
Fat (g):	1
Carbs (g):	68
Fiber (g):	0.5
Protein (g):	47

SERVING

Calories:	125
Fat (g):	0.3
Carbs (g):	17
Fiber (g):	0.1
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

Rice Cake Base:

8 **rice cakes**

120 g (½ cup) **egg whites**

2.5 g (½ tsp) **vanilla extract**

1 g **cinnamon**

Filling:

34 g (1 scoop) **HTLT Chocolate Whey+Casein Protein Powder** *(or whey+casein of choice)*

45 g (3 tbsp) **low-calorie maple syrup**

30 g (2 tbsp) **egg whites**

Optional: 1 g **guar gum**

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

Stage 1 (Filling):

1. Put 1 scoop of chocolate protein or (flavour of choice) in a bowl
2. Mix in the low-calorie maple syrup and the egg whites until smooth. Optional: if the consistency is too thin, add guar gum.

Stage 2 (Rice Cakes/Assembly):

3. Heat a pan to medium heat.
4. Pour the egg whites, cinnamon and vanilla extract into a flat bottom container and whisk or mix well.
5. Place 2 rice cakes into the egg white mixture for about 5 seconds on each side. (For the last 2 rice cakes, you may need to swirl them in the egg white mixture or shake the container side to side in order to fully cover them). Place the dipped rice cakes onto a plate and pour a ¼ of the filling on top of a rice cake. Then place the other rice cake on top forming a sandwich.
6. Repeat steps 5 to make the four Chocolate Stuffed Rice Cake French Toast sandwiches.
7. Spray the pan for 1 sec. with cooking spray.
8. Place the 4 sandwiches on the pan. Heat for 3-4 minutes or until golden brown, flip and cook for 2-3 additional minutes.
9. Remove from the pan and eat as a sandwich, or with low-calorie syrup using a fork and knife (I personally eat this as a sandwich).

Copyright Coach Greg Inc. 2021

ANABOLIC HASH MUFFINS

DIFFICULTY MEDIUM

VEGETARIAN | **PREP TIME** 20 MINUTES | **READY IN** 40-50 MINUTES

It's no secret that hash browns are a fan favorite. Now you can eat these at breakfast or on-the-go in a convienent muffin form.

NUTRITION

MAKES 24 SERVINGS

Calories:	1630
Fat (g):	1
Carbs (g):	236
Fiber (g):	53
Protein (g):	158

SERVING

Calories:	70
Fat (g):	0
Carbs (g):	10
Fiber (g):	2
Protein (g):	7

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g **white potatoes**

500 g **sweet potatoes**

180 g (1 cup) **textured vegetable powder (TVP)**

240 g (1 cup) **egg whites**

95 g (5 slices) **fat-free cheese or shredded equivalent**

5 g (2/3 tsp) **salt** *(to taste)*

2 g (1 tsp) **pepper**

1.5 g (½ tsp) **garlic powder**

1 g (½ tsp) **onion powder**

1 g (½ tsp) **paprika**

6 g (~1 tbsp) **parmesan & herb seasoning**

DIRECTIONS

1. Preheat the oven to 350°F (~175°C) and spray your muffin tin/silicone muffin holders with cooking spray.
2. Peel and shred potatoes with a cheese grater and place in a large mixing bowl.
3. Add the remaining ingredients, and mix in the fat-free shredded cheese (if you are using fat-free slices, do not add them yet, see next step), to the bowl and gently stir until everything is well combined.
4. Pack the filling into the muffin cups tightly using your fingers (if you are using fat-free cheese slices, pack half the filling into the muffin cup, followed by some cheese, and finish by tightly packing the second half of the filling on top of the cheese. Repeat for each muffin cup until all are filled).
5. Bake for 40-50 minutes or until golden brown.
6. Allow to cool for 5-10 minutes before removing them from the muffin cups. Eat right away or place into a sealed containers to enjoy later.

NOTES

- I like to dip these in no sugar-added ketchup.
- Use any combination of regular potatoes and sweet potatoes (to a total of 1000 g).

Copyright Coach Greg Inc. 2021

FRENCH TOAST APPLE MUFFINS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN 40 MINUTES

You're going to love this one. As you probably know, I LOVE french toast, but also LOVE honeycrisp apples. One day I woke up and decided to create a portable snack that utilizes both of these wonderful foods!

NUTRITION

MAKES 12 SERVINGS

Calories:	1310
Fat (g):	10
Carbs (g):	206
Fiber (g):	18
Protein (g):	108

SERVING

Calories:	110
Fat (g):	1
Carbs (g):	17
Fiber (g):	2
Protein (g):	9

Copyright Coach Greg Inc. 2021

INGREDIENTS

285 g (2 servings) **shredded apples** *(peeled/ cored)*

330 g (~ 1 ⅓ cups) **egg whites**

64 g (2 scoops) **HTLT Vanilla PB Whey Protein Powder** *(or whey of choice)*

9 slices **regular ass bread**

8 g (~1 tbsp) **cinnamon**

10 g (2 tsp) **vanilla extract**

CLICK TO PURCHASE HTLT VANILLA PB WHEY PROTEIN POWDER

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Cut the bread into small square pieces and place in a large bowl.
3. Add the egg whites and vanilla extract to the bowl allowing the bread to soak up the liquid.
4. In a separate bowl combine the protein powder and cinnamon mix, and add to the soaked bread. Allow this mixture to sit for a few minutes.
5. Divide the muffin mixture evenly into muffin cups and place in the oven for 25 minutes. Take out and let cool before eating.

NOTES

- The muffins can be served as a snack or even for breakfast.
- Optional: top with **Cream Cheese Icing** (see page 173).

Copyright Coach Greg Inc. 2021

SNACKS & APPS

VEGETARIAN

PEA-NOT BUTTER

DIFFICULTY **EASY**

VEGETARIAN | **PREP TIME** 10 MINUTES | **READY IN** ~15 MINUTES

NUTRITION

MAKES 10 SERVINGS
Batch = ~500 g / ~2 ½ cups

Calories:	905
Fat (g):	17
Carbs (g):	118*
Fiber (g):	24
Protein (g):	138

SERVING

~50 g / ~¼ cup (~4 tbsp)

Calories:	90
Fat (g):	2
Carbs (g):	12*
Fiber (g):	2
Protein (g):	14

Copyright Coach Greg Inc. 2021

INGREDIENTS

150 g **canned white kidney beans** *(washed and drained)*

96 g (3 scoops) **HTLT Vanilla PB Whey Protein Powder** *(or whey of choice)*

72 g (¾ cup) **powdered peanut butter**

45 g (~⅓ cup) **FibrO IMO Powder** *(or IMO of choice)*

150 g (~⅔ cup) **unsweetened vanilla cashew milk**

45 g (~3 tbsp) **low-calorie maple syrup**

1.5 g (½ tsp) **guar gum**

1.5 g **salt** *(to taste)*

CLICK TO PURCHASE HTLT VANILLA PB WHEY PROTEIN POWDER

CLICK TO PURCHASE FIBRO IMO POWDER

DIRECTIONS

1. Add all the ingredients into a blender and blend for 30-60 seconds on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
2. Blend for 30-60 seconds on high speed, and repeat the scraping process.
3. Repeat step 2 (if desired).
4. Once your Pea-NOT Butter is lighter in color, thick and glossy, it is ready to serve.
5. Allow to cool in fridge for best results. as Pea-NOT Butter will thicken over time.

NOTES

- Dip your favourite fruits and vegetables or thin it out to make your own savory peanut butter saute sauce.
- Best if used within 1 week.
- For an even smoother/softer Pea-NOT Butter, use 180 g (~¾ cup) of unsweetened vanilla cashew milk.
- *IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- For thicker Pea-NOT Butter, use a whey+casein blend or reduce nut milk to 120 g (1/2 cup)
- You can eat on rice cakes with fruit/veggies, or in sandwiches as seen throughout the book.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

CHOCOLATE NOT-ELLA PEA-NOT BUTTER

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 15 MINUTES

Powdered chocolate peanut butter exists. While it tastes ok, it still doesn't have the same consistency as the "real" thing. Challenge accepted, with this Chocolate NOT-ella Pea-NOT Butter, you're getting MORE protein than the mixed powder on it's own, with an even better texture!

NUTRITION

MAKES 6 SERVINGS
Batch = ~350 g / ~1 ½ cups

Calories:	655
Fat (g):	8
Carbs (g):	90
Fiber (g):	11
Protein (g):	72

SERVING

~50 g / ~¼ cup (~4 tbsp)

Calories:	110
Fat (g):	1
Carbs (g):	15
Fiber (g):	2
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

100 g **canned kidney beans** *(washed and drained)*

~70 g (~2 scoops) **HTLT Chocolate Peanut Butter Whey+Casein Protein Powder** *(or whey+casein of choice)*

50 g (~½ cup) **chocolate powdered peanut butter**

30 g (~¼ cup) **FibrO IMO Powder**

100 g (~⅖ cup) **unsweetened vanilla cashew milk**

30 g (2 tbsp) **Walden Farms chocolate syrup**

1 g **guar gum**

1 g **salt** *(to taste)*

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

1. Add all the ingredients into a blender and blend for 30 seconds-1 minute on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
2. Blend for 30 seconds-1 minute on high speed, scrape the sides again with the spatula and push down.
3. Repeat step 2 (if desired).
4. Once your Chocolate Pea-NOT Butter is lighter in color, thick and glossy, it is ready to serve.
5. Allow to cool in fridge for best results.

NOTES

- *IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Chocolate Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- If using whey protein or for thicker consistency, use 80 g (⅓ cup) of nut milk.
- For a softer consistency, use 120 g (½ cup) of nut milk.
- To make vegan, simply use vegan protein powder.
- You can eat on rice cakes with fruit/veggies, or in sandwiches as seen throughout the book.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

AVOCADO PEA-NOT BUTTER

DIFFICULTY **EASY**

VEGETARIAN | **PREP TIME** 8 MINUTES | **READY IN** ~15 MINUTES

The healthier and tastier than last time way to eat Pea-NOT Butter. Rich in protein and healthy fats, this recipe can surely satisfy a sweet craving. I can eat it right off the spoon anytime of the day. It also goes well with celery and carrots and/or fruit.

NUTRITION

MAKES 5 SERVINGS
Batch = ~240 g / ~1 cup

Calories:	540
Fat (g):	16
Carbs (g):	50*
Fiber (g):	10
Protein (g):	68

SERVING

~50 g / ~3 ½ tbsp

Calories:	110
Fat (g):	3
Carbs (g):	10*
Fiber (g):	2
Protein (g):	14

Copyright Coach Greg Inc. 2021

INGREDIENTS

60 g (1 serving) **avocado**

55 g (~ ¼ cup) **0% fat-free greek yogurt**

64 g (~2 scoops) **HTLT Vanilla PB Whey Protein Powder** *(or whey of choice)*

30 g **powdered peanut butter**

20 g (~2 ½ tbsp) **FibrO IMO Powder** *(or IMO of choice)*

30 g (~ 2 tbsp) **low-calorie maple syrup**

1.5 g (~½ tsp) **guar gum**

1 g **salt** *(to taste)*

CLICK TO PURCHASE HTLT VANILLA PB WHEY PROTEIN POWDER

CLICK TO PURCHASE FIBRO IMO POWDER

DIRECTIONS

1. Add all the ingredients into a blender and blend it for 2 minutes at high speed.
2. Using a spatula, scrape the sides of the blender and push the puree down towards the blades (like the protein ice creams!) .
3. Blend it for 3 minutes on high speed, scrape the sides again with the spatula, blend it for 2 more minutes, repeat the scraping process 1 more time.
4. Once your Avocado Pea-NOT butter is lighter in color, thick and glossy, it is ready to serve.
5. Allow to cool in fridge for best results.

NOTES

- Refrigerate and eat within 3-5 days.
- Avocados can change color when exposed to air, so seal/refrigerate in an airtight container.
- *IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Avocado Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- If you want thicker Pea-NOT Butter, use a whey+casein blend or add an extra 1/2-1 scoop of protein powder.
- It's important to use a protein powder that has peanut butter flavor.
- If not using FibrO, use 9 g (1 tbsp) of Swerve Icing Sugar.
- You can eat on rice cakes with fruit/veggies, or in sandwiches as seen throughout the book.

Copyright Coach Greg Inc. 2021

APPLE DIP DELIGHT

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

This is one of my favorite staples in my morning routine! A healthy, high protein snack at any time for you or your family/friends.

NUTRITION

MAKES 1 SERVING

Calories:	255
Fat (g):	1
Carbs (g):	35
Fiber (g):	6
Protein (g):	28

Copyright Coach Greg Inc. 2021

INGREDIENTS

32 g (1 scoop) **HTLT Vanilla PB Whey Protein Powder** *(or whey of choice)*

45 g (3 tbsp) **low-calorie maple syrup**

30 g (2 tbsp) **egg whites**

190 g (1 serving) **apples**

1 packet **sweetener**

1.5 g (½ tsp) **guar gum**

DIRECTIONS

1. Using a spoon/fork, mix protein powder, low-calorie maple syrup, egg whites and guar gum until smooth.
2. Slice your fruit and dip into the glaze!

NOTES

- For best consistency allow dip to sit for a few minutes before serving.
- You don't have to use apples!
- For a more filling snack, use 1.5-2 servings of apples which is only 50-100 additional calories.
- If using a whey+casein protein powder blend, use less guar gum, or none at all.

CLICK TO PURCHASE HTLT VANILLA PB WHEY PROTEIN POWDER

Copyright Coach Greg Inc. 2021

BLOOMING ONION

DIFFICULTY HARD

VEGETARIAN | **PREP TIME** 10 MINUTES | **READY IN** 30-40 MINUTES

Ah, the blooming onion. A very popular appetizer option among many restaurants. The problem? Regular blooming onions are breaded and fried in oil! My new anabolic blooming onion is loaded with protein and has all the crispy crunch you love, without the extra calories!

NUTRITION

MAKES 1 SERVING

Calories:	330
Fat (g):	1
Carbs (g):	58
Fiber (g):	13
Protein (g):	28

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g (2 servings) **spanish onion**

120 g (½ cup) **egg whites**

5 g (~1 clove) **minced garlic**

1.5 g (~1 tsp) **dried onion flakes**

1.5 g (~½ tsp) **garlic powder**

2 g (~1 tsp) **smoked paprika**

16 g (~2 ¼ tbsp) **textured vegetable protein (TVP)**

DIRECTIONS

1. Preheat the oven to 375°F (190°C)
2. Start by cutting the onions. Cut a small flat spot on the non root end of the onion. Now remove any dried or damaged peels.
3. Place the onion flat side down on a cutting board (root side up).
   - Using a sharp knife starting about 1/2 inch from the root make a clean slice downward.
   - Next turn the onion one quarter turn and make another clean slice downward.
   - Follow that with two more quarter turns and two more clean slices downward.
4. Mix the egg whites and spices all in a bowl, excluding the TVP.
5. Flip the onion over and submerge the onion in the egg white mixture.
6. Place the onion on parchment paper and place in the oven for 40 minutes or until golden brown.
7. After 20 minutes brush more of the eggwhite over the onion and continue to bake. You can do this a few times while the onion is cooking to add more protein to the onion.
8. 10 minutes before you feel the onion is ready, sprinkle the TVP on top and cook for 10 more minutes.

NOTES

- Some great dipping options are no sugar added Ketchup or sugar-free BBQ sauce.

Copyright Coach Greg Inc. 2021

EGGPLANT CIRCLE BITES

DIFFICULTY MEDIUM

VEGETARIAN | **PREP TIME** 20 MINUTES | **READY IN** 40-50 MINUTES

An amazing, high-protein option featured in my Power 13 cookbook!

NUTRITION

MAKES 4 SERVINGS

Calories:	405
Fat (g):	1
Carbs (g):	48
Fiber (g):	27
Protein (g):	53

SERVING

Calories:	100
Fat (g):	0.2
Carbs (g):	12
Fiber (g):	7
Protein (g):	13

This bonus recipe is featured in the Power 13

Click here to get it!

Copyright Coach Greg Inc. 2021

INGREDIENTS

400 g (1 serving) **eggplant** *(weighed before drying)*

80 g (⅓ cup) **egg whites**

80 g (~ 1 ¼ cups) **textured vegetable protein (TVP)**

15 g (1 tbsp) **spices your choice** *(I like garlic plus, vegetable spices, salt and pepper to taste)*

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Cut the eggplant widthwise into ½ inch thick circles (top and bottom can be sliced off and thrown out).
3. Lay paper towel onto a baking sheet and sprinkle it with salt.
4. Place the eggplant circles onto the baking sheet (on top of the paper towel) and sprinkle with more salt on top of the eggplant. Cover the eggplant with another layer of paper towel and lightly pat them down to help remove excess moisture, let stand for 10-15 minutes.
5. Remove the eggplant from the paper towel and set aside, discard the paper towel.
6. Place parchment paper or aluminum foil on a baking sheet (if using aluminum foil make sure to spray it with cooking spray).
7. Poke the eggplant circles with a fork.
8. Add the egg whites and eggplant into a sealable container and shake them until they've been coated evenly, set aside.
9. Place the TVP into a blender and grind for 10 seconds.
10. Mix/stir the TVP and spices together in a bowl with a fork.
11. Dip the eggplant circles, covered in the egg whites, into the TVP/spices mixture, and ensure it covers both sides (just like breading chicken). Lay onto the baking sheet.
12. Place on the middle rack of the oven and bake at 400°F (205°C) for 40 minutes. Make sure to check after about 30 minutes. Flip the eggplant halfway through (like cooking french fries).
13. Remove from the oven and let cool for a few minutes.
14. Enjoy! (Great with no sugar added ketchup or sauce of choice).

NOTES

- When soaking the eggplant circles in the egg whites, the longer you leave them in, the better they'll be!
- The texture of the eggplant when ready should be crispy on the outside and softer on the inside.

Copyright Coach Greg Inc. 2021

CHEESEY TACO DIP

DIFFICULTY EASY

VEGETARIAN | PREP TIME 20 MINUTES | READY IN 20 MINUTES

This is a scrumptious and very high protein taco dip! It is an absolutely delicious treat and best served with lower calorie baked tortilla chips or crackers for dipping.

NUTRITION

MAKES 4 SERVINGS

Calories:	945
Fat (g):	4
Carbs (g):	110
Fiber (g):	35
Protein (g):	112

SERVING

Calories:	235
Fat (g):	1
Carbs (g):	28
Fiber (g):	9
Protein (g):	28

See **vegan** option on page 46!

Copyright Coach Greg Inc. 2021

INGREDIENTS

390 g **veggie ground meat of choice**

24 g (~1 package) **taco seasoning**

420 g (~1 ⅔ cups) **salsa**

152 g (8 slices) **fat-free cheese or shredded equivalent**

125 g (½ serving) **onion**

5 g (~ 1 tsp) **minced garlic**

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Cut the onions into small pieces and add to a lightly sprayed frying pan, sautée at a medium/high heat until lightly browned. Add the minced garlic to the pan and mix both together for 1 minute.
3. Lower the heat to low/medium, add the veggie meat to the onion mixture and heat for 5 minutes. Continuously stir the mixture.
4. Add salsa and let sit for 5 minutes on low/medium temperature.
5. Mix in the seasoning and add the cheese to the mixture and remove from heat.
6. Place the mixture into an oven safe dish (9"x9" casserole dish).
7. Place in the oven for ~10 minutes or until the cheese has melted.
8. Remove from the oven and enjoy!

NOTES

- Goes well with nacho chips or crackers.
- To make this recipe vegan, use your favourite vegan cheese, but remember, vegan cheese is higher in calories and lower in protein.
- Alternatively mix ½ the cheese in during step 5, and top with the other ½ in step 7 (10 minutes before removing it from the oven) for a cheesier looking dish.

Copyright Coach Greg Inc. 2021

DILL WEED DIP

DIFFICULTY **EASY**

VEGETARIAN | **PREP TIME** 10 MINUTES | **READY IN** 15 MINUTES

A savoury cream with a twist of sweetness. Add protein to your fish, wraps or veggies using this amazing dip!

NUTRITION

MAKES 3 SERVINGS
Batch = ~250 g / ~1 cups

Calories:	145
Fat (g):	5
Carbs (g):	9
Fiber (g):	2
Protein (g):	25

SERVING

~80 g / ~⅓ cup (~⅓ cup)

Calories:	50
Fat (g):	2
Carbs (g):	3
Fiber (g):	0.5
Protein (g):	8

Copyright Coach Greg Inc. 2021

INGREDIENTS

240 g (~ 1 cup) **0% fat-free greek yogurt**

15 g (1 tbsp) **fresh lime juice**

4 g (~½ tsp) **white vinegar**

6 g (1 tsp) **light mayo**

1 g (1 ½ tsp) **dill weed** *(dried)*

2 g (½ tsp) **lemon pepper seasoning**

Salt *(to taste - I use 1 g)*

Pepper *(to taste - I use 0.5 g)*

DIRECTIONS

1. Place all the ingredients into a bowl, stir with a fork or a whisk until everything is well mixed.
2. Transfer into a serving bowl and enjoy!

NOTES

- A great dip for your favorite roasted or fresh vegetables.
- Use it as a dressing in your wraps or favorite salad.
- Keep the dip refrigerated in an airtight container for no longer than 5 days.

Copyright Coach Greg Inc. 2021

LUNCH

VEGETARIAN

PIZZA POCKETS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

Pizza pockets are always a favorite. Now you can enjoy an anabolic version. I hope you enjoy these as much as Ally and I!

NUTRITION

MAKES 4 SERVINGS

Calories:	725
Fat (g):	10
Carbs (g):	99
Fiber (g):	4
Protein (g):	55

SERVING

Calories:	180
Fat (g):	3
Carbs (g):	25
Fiber (g):	1
Protein (g):	13

Copyright Coach Greg Inc. 2021

INGREDIENTS

4 **hamburger buns**

76 g (4 slices) **fat-free cheese or equivalent shredded**

80 g (⅓ cup) **egg whites**

60 g (20 pieces) **veggie pepperoni**

45 g (~3 tbsp) **pizza sauce**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet and spray with cooking spray, set aside. Preheat the oven to 350°F (~175°C).
2. Place the egg whites in a flat surface bowl.
3. Cut all 4 hamburger buns in half if not pre cut.
4. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
5. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling)
6. Spread the sauce first, then add the cheese to the indentations you just made .
7. Preheat the veggie pepperoni in the microwave for 20 seconds and add them on top of the cheese (5 slices for each pocket).
8. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the pizza pockets.
9. Flip the pockets (top side up) and place them on the sprayed baking sheet with parchment paper to prevent sticking.
10. Bake at 350°F (~175°C) for 10 minutes or until golden brown.
11. Remove from the oven and let sit for about 5 minutes! (Be careful, they may be very hot).

NOTES

- Ally and I use a toaster oven for these!
- Eat these immediately as they taste best eaten fresh.
- I use 110 calorie buns.
- If your pockets won't seal properly, dip your fingers into some egg whites to help create a better seal.
- You can experiment withyour favorite veggie meat (bologna, ham, etc).

Copyright Coach Greg Inc. 2021

EXTRA ANABOLIC PIZZA POCKETS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

These are like my original pizza pocket recipe, but made MORE ANABOLIC THAN LAST TIME!

NUTRITION

MAKES 3 SERVINGS

Calories:	580
Fat (g):	7
Carbs (g):	81
Fiber (g):	4
Protein (g):	48

SERVING

Calories:	195
Fat (g):	2
Carbs (g):	27
Fiber (g):	1
Protein (g):	16

Copyright Coach Greg Inc. 2021

INGREDIENTS

3 **hamburger buns**

57 g (3 slices) **fat-free cheese or equivalent shredded**

80 g (⅓ cup) **egg whites**

63 g (~21 small slices) **veggie pepperoni**

45 g (3 tbsp) **pizza sauce**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet and spraying with cooking spray, set aside. Preheat the oven to 350°F (~175°C).
2. Place the egg whites in a flat surface bowl.
3. Cut all 3 hamburger buns in half if not pre cut.
4. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
5. Using a fork/spoon, scrape/hollow out about 5 g of the top half of each bun (this will hold the filling).
6. Preheat the veggie pepperoni in the microwave for 20 seconds.
7. Add a layer of 7 small veggie pepperoni slices onto each top half of the buns (into the indentation).
8. Next, add 1 tbsp of the sauce on top of the pepperoni of the 3 pockets.
9. Lasty, add 19 g/1 slice of cheese on top of each of the 3 pockets into the center of the indentations.
10. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the pizza pockets.
11. Flip the pockets (top side up) and place them on the baking sheet with parchment paper to prevent sticking.
12. Bake at 350°F (~175°C) for 10 minutes or until golden brown.
13. Remove from the oven and let sit for about 5 minutes! (Be careful, they are very hot).

NOTES

- Ally and I use a toaster oven for these!
- Experiment with other forms of high protein meatless items if you're feeling creative.
- I use 110 calorie buns.
- If your pockets won't seal properly, dip your fingers into some egg whites to help create a better seal.

Copyright Coach Greg Inc. 2021

"MEAT" LOVERS PIZZA POCKETS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 20 MINUTES

If you love a lot of meat on pizza, give this meatless pizza pocket variation a try. You will be amazed as to how good they are.

NUTRITION

MAKES 3 SERVINGS

Calories:	620
Fat (g):	8
Carbs (g):	84
Fiber (g):	4
Protein (g):	54

SERVING

Calories:	205
Fat (g):	3
Carbs (g):	28
Fiber (g):	1
Protein (g):	18

Copyright Coach Greg Inc. 2021

INGREDIENTS

3 **hamburger buns**

57 g (3 slices) **fat-free cheese or equivalent shredded**

80 g (⅓ cup) **egg whites**

90 g (30 small slices) **veggie pepperoni**

45 g (3 tbsp) **pizza sauce**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet and spray with cooking spray, set aside. Preheat the oven to 350°F (~175°C).
2. Place the egg whites in a flat surface bowl.
3. Cut all 3 hamburger buns in half if not pre cut.
4. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
5. Using a fork/spoon, scrape/hollow out about 5 g of the top half of each bun (this will hold the filling).
6. Preheat the veggie pepperoni in the microwave for 20 seconds.
7. Add a layer of 5 small veggie pepperoni slices onto each top half of the buns (into the indentation).
8. Next, add 19 g/1 slice of cheese on top of each of the 3 pockets into the center of the indentations.
9. Then, add 1 tbsp of the sauce on top of each of the 3 pockets.
10. Lasty, add the remaining 5 small veggie pepperoni slices onto each top half of the buns.
11. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the pizza pockets.
12. Flip the pockets (top side up) and place them on the baking sheet with parchment paper to prevent sticking.
13. Bake at 350°F (~175°C) for 10 minutes or until golden brown.
14. Remove from the oven and let sit for about 5 minutes! (Be careful, they may be very hot).

NOTES

- I use a toaster oven for these!
- Eat these immediately as they are not as good when eaten as left overs.
- I use 110 calorie buns.
- If your pockets won't seal properly, dip your fingers into some egg whites to help create a better seal.
- You can add more or less cheese/pepperoni based on your personal taste (just remember to adjust macros!).

Copyright Coach Greg Inc. 2021

VEGGIE BOLOGNA CLUB SANDWICH

DIFFICULTY MEDIUM

VEGAN | PREP TIME 10 MINUTES | READY IN 25 MINUTES

Club sandwiches have always been a favorite in my house. These delicious sandwiches are larger than last time, great for breakfast, lunch or supper. What's not to love? They are just loaded with veggies and full of protein!

NUTRITION

MAKES 1 SERVING

Calories:	345
Fat (g):	2
Carbs (g):	40
Fiber (g):	2
Protein (g):	36

Copyright Coach Greg Inc. 2021

INGREDIENTS

38 g (2 slices) **fat-free cheese or shredded equivalent**

2 slices **regular ass bread**

120 g (½ cup) **egg whites**

31 g (2 slices) **veggie bologna slices**

40 g **romaine lettuce**

50-100 g **veggies of choice** *(up to 20 calories)*

10 g (2 tsp) **dijon mustard**

5 g (1 tbsp) **light mayo** *(any flavor)*

2 g (1 tsp) **oregano**

Low-calorie ranch dressing *(optional)*

Salt *(to taste)*

Pepper *(to taste)*

DIRECTIONS

1. Preheat a nonstick skillet to medium-high heat and spray a thing layer off cooking spay.
2. Pour the egg into the skillet, add the seasoning, vegetables of choice as you would for an omlet, veggie bologna and let it cook until the top of the egg whites are not runny.
3. Lower the heat to low and with a spatula tuck the sides into the center of the egg making a square. Push it to the side of the pan.
4. Place the bread in the skillet and let it warm up. Flip and lay the cheese on the warm sides of each bread then add the various condiments on top of each of the bread slices.
5. Place the egg square on top of one of the cheesy bread slices then add the lettuce.
6. With the spatula place the cheesy bread on top of the lettuce making a sandwich and transfer onto a plate.
7. Cut in half and keep both half's together with toothpicks

NOTES

- You can use a toaster to heat the bread, and then add the ingredients (instead of using the pan).

Copyright Coach Greg Inc. 2021

ZUCCHINI EGG WHITE SAUTÉ

DIFFICULTY MEDIUM

VEGETARIAN | **PREP TIME** 20 MINUTES | **READY IN** 20 MINUTES

A mix of flavors that mingle together in perfect harmony. This is a great option when you want a very low-calorie high protein meal.

NUTRITION

MAKES 1 SERVING

Calories:	225
Fat (g):	2
Carbs (g):	29
Fiber (g):	7
Protein (g):	20

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g (1 serving) **zucchini**

125 g (½ serving) **onion**

120 g (½ cup) **egg white**

10 g (1 tbsp) **dry vegetable soup mix** *(flavor of choice)*

Pepper *(to taste)*

Salt *(to taste)*

DIRECTIONS

1. Use pre-cut zucchini veggie noodles OR cut the ends off and shred the zucchini with a cheese grater.
2. Chop the onion into small pieces.
3. On medium heat spray a pan with cooking spray and place the zucchini and onion in the pan. Cook until soft and lightly browned. Do not cover the pan!
4. Mix the egg whites into the zucchini mixture and cook until egg whites are cooked through.
5. Add dry vegetable soup mix, salt and pepper. Lower the heat and let it stand for 5 minutes to absorb the flavour. Remember do not cover!

NOTES

- If you can't find dry veggie soup mix, you can substitute with concentrated stock broth pods.
- On its own or as a side, this is a great addition to your meal and I hope you enjoy it as much as I do.

Copyright Coach Greg Inc. 2021

BROCCOLI SPINACH SOUFFLÉ

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~1 HOUR

Bored eating chicken/broccoli/rice? Wake up your taste buds and give this high protein alternatve a try. This family sized soufflé makes 8 servings and can be frozen. Cook once, clean once and eat for the week!

NUTRITION

MAKES 8 SERVINGS

Calories:	1375
Fat (g):	20
Carbs (g):	196
Fiber (g):	54
Protein (g):	129

SERVING

Calories:	170
Fat (g):	2
Carbs (g):	24
Fiber (g):	7
Protein (g):	16

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g **frozen spinach**

1 kg **frozen broccoli**

152 g (8 slices) **fat-free cheese or shredded equivalent**

250 g (1 serving) **onion**

568 g (2 cans) **low-fat cream of mushroom soup** *(concentrated)*

218 ml (~1 can/145 g) **water chestnuts, drained**

240 g (1 cup) **egg whites**

24 g (~⅓ cup) **textured vegetable protein (TVP)**

DIRECTIONS

1. Preheat the oven to 350°F (~ 175°C).
2. Completely defrost frozen spinach and broccoli, drain and squeeze out as much moisture, set aside in a strainer to draw out more moisture than last time!
3. Cut onion into small pieces and place on a lightly sprayed pan, on medium heat, cook until lightly browned.
4. In a bowl, lightly beat the egg whites for a few seconds.
5. Add the rest of the ingredients, except the broccoli into the bowl of egg whites and mix well.
6. Place the broccoli on a lightly sprayed casserole dish then pour the mixture over the broccoli.
7. Place the cheese over the broccoli mixture and add the TVP as a topping.
8. Bake for 45 minutes.

NOTES

- If cooking for one person, make 1/2 of this recipe as it's too much to eat on your own.
- This recipe can be made a day ahead and taken out before placing in the oven the next day.
- Can be used as a meal prep side dish.
- Freezes well.
- Can add **Crispy Onion Toppers (see page 36)** for extra flavour (macros not included in recipe).
- For better taste but more calories, use light cheese rather than fat-free.

Copyright Coach Greg Inc. 2021

SWEET & SAVOURY CABBAGE STEAKS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~1 HOUR

Full disclosure this does **not** taste like steak. But, it is loaded with protein and contains NO-meat.

NUTRITION

MAKES 4 SERVINGS

Calories:	475
Fat (g):	0
Carbs (g):	80
Fiber (g):	37
Protein (g):	47

SERVING

Calories:	120
Fat (g):	0
Carbs (g):	20
Fiber (g):	9
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

1200 g (~1) **green cabbage**

120 g (½ cup) **zero-calorie maple syrup**

24 g (~⅓ cup) **granulated textured vegetable protein (TVP)**

180 g (¾ cup) **egg whites**

3 g (2 tsp) **garlic powder**

Salt *(to taste)*

Pepper *(to taste)*

DIRECTIONS

1. Preheat the oven to 400°F (~205°C).
2. Cut the cabbage head from top to bottom into ~1 inch thick circular pieces/steaks.
3. Place aluminum foil on a baking sheet and lightly spray with cooking spray.
4. Place the round cabbage steaks on the cooking sheet and place in the oven for 10 minutes. This will allow the cabbage to get slightly softer.
5. Mix syrup, egg whites, and seasonings in a bowl. Take the cabbage steaks out of the oven and with a basting brush, using ½ of the mixture, brush/spread over the top half of the cabbage steaks. Place the cabbage back in the oven for 20 minutes.
6. Once again, take the cabbage steaks out of the oven and gently pour the remaining egg white mixture over the cabbage. Top by covering all the cabbage steaks with the granulated TVP. Let cook for another 20 minutes or until the cabbage is lightly browned and is easier to cut.

NOTES

- TVP must be in small pieces ("crumbles" or granulated).

Copyright Coach Greg Inc. 2021

DINNER

VEGETARIAN

VEGETARIAN PAD THAI

DIFFICULTY HARD

VEGETARIAN | PREP TIME 30 MINUTES | READY IN 40 MINUTES

Give this Pad Thai a try! It's lower in calories and higher in protein than regular Pad Thai!

NUTRITION

MAKES 2 SERVINGS

Calories:	695
Fat (g):	13
Carbs (g):	108
Fiber (g):	32
Protein (g):	55

SERVING

Calories:	345
Fat (g):	6
Carbs (g):	54
Fiber (g):	16
Protein (g):	28

See **vegan** option on page 62!

Copyright Coach Greg Inc. 2021

INGREDIENTS

420 g **Nu-Pasta - Fettucini**

200 g (~½ serving) **bell peppers** *(red, orange, yellow)*

125 g **carrots** *(shredded)*

125 g **red onion**

100 g **snow peas**

30 g **bean sprouts**

Sauce Ingredients:

9 g (~1 tbsp) **garlic powder**

6 g (~1 tbsp) **onion powder**

6 g (~1 tbsp) **ground ginger**

15 g (1 tbsp) **soy sauce**

180 g (¾ cup) **egg whites**

170 g **soft tofu**

24 g (4 tbsp) **powdered peanut butter**

30 g (2 tbsp) **water**

1/3 cup (80 g) **vegetable stock**

30 g (2 tbsp) **rice wine vinegar**

15 g (1 tbsp) **fresh lime juice**

45 g (3 tbsp) **low-calorie maple syrup**

30 g (2 tbsp) **soy sauce**

12 g (1 tbsp) **worcestershire sauce**

15 g (1 tbsp) **minced garlic**

12 g (1 tbsp) **minced ginger**

DIRECTIONS

1. Cut up the veggies.
2. Spray a large skillet/wok and bring it to a medium heat.
3. Add the onions to the skillet/wok and cook until tender. Add the remaining veggies and let cook until all vegetables are soft to the touch.
4. Cut the tofu into pieces (size of choice).
5. Add the tofu and strained Nu-Pasta to the skillet/wok and fold veggies into pasta (do not mix vigorously as that will break the pasta).
6. Lower the heat to medium-low and continue cooking.
7. In a separate bowl mix together all the ingredients for the sauce, and pour over the vegetables in the skillet/wok. Fold the veggies, sauce and pasta together.
8. Let stand/marinate in the skillet/wok for 10 minutes (or eat right away if you would like).

NOTES

- Check the vegan section of the book for a delicious vegan version.
- If you're missing 1 or 2 liquid ingredients, don't worry! The recipe will still taste great. There are no rules in the anabolic kitchen.
- Feel free to make small adjustments to portion sizes and ingredients.

Copyright Coach Greg Inc. 2021

EGGLESS CHEESY EGGPLANT

DIFFICULTY HARD

VEGETARIAN | PREP TIME 15 MINUTES | READY IN 40-50 MINUTES

What makes eggplant better? Yes, you guessed it, CHEESE. I present to you Eggless Cheesy Eggplant!

NUTRITION

MAKES 2 SERVINGS

Calories:	440
Fat (g):	2
Carbs (g):	68
Fiber (g):	26
Protein (g):	44

SERVING

Calories:	220
Fat (g):	1
Carbs (g):	34
Fiber (g):	13
Protein (g):	22

Copyright Coach Greg Inc. 2021

INGREDIENTS

500 g (~1) **eggplant**

250 g (½ cup) **diced tomatoes, canned and drained**

225 g (½ serving) **spinach**

62 g (~¼ serving) **onion**

114 g (6 slices) **fat-free cheese slices or shredded equivalent**

Salt *(to taste)*

Pepper *(to taste)*

Fresh parsley *(to garnish)*

DIRECTIONS

1. Preheat the oven to 400°F (~205°C).
2. Cut the top and bottoms off the eggplant, slice the eggplant lengthwise in half and with a smaller knife cut the inside of the eggplant into small squares, in a grid-like pattern (make cuts almost as deep to the skin but not right through. Like you would for a mango).
3. Sprinkle salt (to taste) on the eggplant.
4. Place the eggplant on a lightly sprayed baking sheet.
5. Place the eggplant in an air fryer for 10 minutes or in the oven for 10-15 minutes, until the eggplant is soft to touch.
6. While the eggplant is in the oven make the spinach sautée. Cut onion into small pieces and place in a lightly sprayed pan. Add the spinach and sautée on medium heat until spinach has wilted, about 10 minutes.
7. Take the eggplant out of the oven and now you are ready to assemble the eggplant.
8. Sprinkle pepper, smoked paprika on the eggplant and lay 1 slice of cheese (1/6 of the cheese) on top of each half of the eggplant.
9. Place half of the spinach/onion mixture on top of each cheese slice.
10. Add another slice of cheese ($\frac{1}{6}^{th}$ of the cheese) on each half of the eggplant.
11. Place half of the diced tomatoes on to each half of the eggplant.
12. Finish by topping each half of the eggplant with the remaining cheese.
13. Place in the oven/toaster oven for 30-40 minutes, uncovered.
14. Add parsley for garnish.

NOTES

- Optional: add parmesan cheese
- You can eat the skin, however, if not use a spoon a slowly scrap the eggplant off the skin.
- This recipe can be vegan by using Vegan cheese, keep in mind that the macros will change.
- Eat 1 serving as a side or both servings as a meal.

Copyright Coach Greg Inc. 2021

VEGGIE SHEPHERD'S PIE

DIFFICULTY HARD

VEGETARIAN | PREP TIME 20 MINUTES | READY IN ~40 MINUTES

Shepherd's Pie comes from England and is traditionally made with lamb. In North America we normally serve our Shepherd's Pie with beef (Some call this Cottage Pie). I like to make my Shepherd's Pie with veggie ground....It still tastes amazing and both myself and Ally enjoy this meatless variation as much as the regular version.

NUTRITION

MAKES 4 SERVINGS

Calories:	1250
Fat (g):	3
Carbs (g):	319
Fiber (g):	50
Protein (g):	76

SERVING

Calories:	310
Fat (g):	1
Carbs (g):	80
Fiber (g):	13
Protein (g):	19

Copyright Coach Greg Inc. 2021

INGREDIENTS

390 g **veggie ground meat**

250 g (~1 cup) **tomato sauce**

200 g **egg whites**

125 g (½ cup) **vegetable broth**

750 g **potatoes**

400 g (1 serving) **cauliflower**

125 g (½ serving) **onion**

5 g (~1 clove) **garlic**

300 g **frozen carrots** *(peas and corn mix)*

30 g (2 tbsp) **sugar-free BBQ sauce**

47 g (~1 package) **shepherd's pie seasoning mix**

Salt & pepper (to taste)

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Peel and boil the potatoes, cut, clean and boil the cauliflower. Next, place them into a blender and set aside (do not blend yet!).
3. Cut the onions, mince the garlic and add them to a pan.
4. Heat the pan to medium-high heat and sautée until lightly browned. Add the frozen vegetables (carrots, peas and corn) to the pan and heat for 5-7 minutes.
5. Lower the heat to medium-low and add the veggie ground meat to the pan, lightly folding the meat and vegetables together.
6. Add the vegetable broth, tomato sauce, ½ of the egg whites (100 g) and seasonings to taste. Let sit on low heat for 5 minutes.
7. Spray a casserole dish with cooking spray and spread the veggie meat mixture evenly into the dish.
8. Place in the oven for 10-15 minutes (this will allow the mixture to form on the bottom of the casserole dish).
9. Remove from the oven, spread (with a spoon or basting brush) the bbq sauce over the veggie meat mixture and let stand.
10. Blend the potatoes, cauliflower and remaining half of the egg whites (100 g), salt and pepper to taste and blend until smooth.
11. Spread the potato mixture evenly over the veggie meat layer and place back in the oven for 30 minutes, or until the top of the potatoes are lightly browned.
12. Remove from the oven and let stand for 10 minutes before serving.

NOTE

- I like it with no sugar-added ketchup.

Copyright Coach Greg Inc. 2021

INSIDE-OUT BAKED "PODADO"

DIFFICULTY HARD

VEGETARIAN | PREP TIME 15 MINUTES | READY IN 30 MINUTES

Turn your baked podadoes into a high-protein delicacy. Look in the vegan portion of the book for a great vegan version of this recipe.

NUTRITION

MAKES 1 SERVING

Calories:	405
Fat (g):	2
Carbs (g):	61
Fiber (g):	8
Protein (g):	34

See **vegan** option on page 66!

Copyright Coach Greg Inc. 2021

INGREDIENTS

300 g (~1 large) **potato**

125 g (~½ cup) **0% fat-free greek yogurt**

45 g (3 tbsp) **salsa**

19 g (1 slice) **fat-free cheese or shredded equivalent**

50 g **veggie ground meat**

10 g **green onion**

Salt *(to taste)*

Pepper *(to taste)*

NOTES

- If using fat-free cheese slices, you may place the cheese on the bottom of the hollow potato skins before spooning the mixture on top.
- Cook in bulk (make ~5 servings) and use a blender to prepare the inside mixture. You'll have these available for days!

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Slice the potato in half, and cook in the microwave for 5 minutes, or until fully cooked.
3. Take a spoon and gently scoop out the white part of the potato and place into a separate bowl. Make sure the skin remains intact while doing this (kind of like scooping out an avocado.
4. Mix the inside white of potato, greek yogurt, salsa, cheese, and beefless ground meat with a fork, until it is evenly mixed.
5. Spray a baking sheet with cooking spray, and place the hollow potato half skins on it.
6. Spoon the potato mixture back into each of the potato skins and place the baking sheet in the oven for 10 minutes.
7. Remove from the oven and serve. Top with green onions, salt and pepper (if desired).

Copyright Coach Greg Inc. 2021

VEGETARIAN BLACK BEAN BURGER

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN 45 MINUTES

A can of black beans is one of those foods that always seems to be lurking in the back of your pantry. If you need a new and improved way to use it up, try this black bean protein burger.

NUTRITION

MAKES 5 SERVINGS
Including Buns

Calories:	1060
Fat (g):	10
Carbs (g):	198
Fiber (g):	28
Protein (g):	58

SERVING

Per burger with bun

Calories:	210
Fat (g):	2
Carbs (g):	40
Fiber (g):	6
Protein (g):	12

SERVING

Per burger without bun

Calories:	100
Fat (g):	0.5
Carbs (g):	19
Fiber (g):	5
Protein (g):	9

Copyright Coach Greg Inc. 2021

INGREDIENTS

540 ml can (~360 g drained) **black beans**

60 g **bell peppers** *(red, orange and/or yellow)*

60 g **red onion**

75 g **mushrooms**

120 g (½ cup) **egg whites**

5 **regular ass hamburger buns**

Seasonings of choice *(to taste)*

2.5 g (~½ tsp) **salt**

1.5 g (¾ tsp) **black pepper**

1.5 g (~½ tsp) **garlic powder**

2.5 g (~2 ½ tsp) **parmesan and herb mix**

Toppings:

120 g **lettuce/spinach**

150 g **tomato**

Veggies of choice

No sugar-added ketchup *(to taste)*

Mustard *(to taste)*

DIRECTIONS

1. Drain and rinse the canned black beans, set them aside in a microwave safe bowl.
2. Microwave the beans for 45-60 seconds and place in a blender or food processor, blend on high until the beans are broken and mashed slightly (~10 seconds).
3. Cut the peppers, mushrooms and onion into small pieces and place in a bowl.
4. Add the egg whites, seasonings of choice and beans, mix thoroughly until combined.
5. Place parchment paper on a cookie sheet and heat oven to 350°F (~175°C)
6. Using a ½ cup measuring utensil, scoop out a serving of the mixture, form it into a patty and place on the parchment paper, repeat 4 more times!
7. Bake for 30-35 minutes, until the patties hold shape.
8. Let cool for a few minutes before building your bean burger in the bun.

NOTES

- You can use any vegetables you wish.
- To lower calories, feel free to omit the buns and eat as a lettuce bun burger
- Serve with a high protein side, or have a parfait for dessert to get all the protein you need.

Copyright Coach Greg Inc. 2021

PORTOBELLO PATTIES

DIFFICULTY HARD

VEGETARIAN | PREP TIME 15 MINUTES | READY IN 30 MINUTES

These veggie burgers are easy to make and a great alternative to beef that even meat lovers would enjoy. Eat them as is, or add a bun with some vegetables to make a veggie burger!

NUTRITION

MAKES 4 SERVINGS
w/fat-free feta cheese

Calories:	400
Fat (g):	1
Carbs (g):	41
Fiber (g):	10
Protein (g):	54

SERVING

w/fat-free feta cheese

Calories:	100
Fat (g):	0.3
Carbs (g):	10
Fiber (g):	2
Protein (g):	14

SERVING

w/fat-free cheese slice

Calories:	105
Fat (g):	0.3
Carbs (g):	11
Fiber (g):	2
Protein (g):	14

Copyright Coach Greg Inc. 2021

INGREDIENTS

225 g (~4) **portobello mushrooms**

80 g (⅓ cup) **egg whites**

84 g **fat-free feta cheese** *(or 76 g / 4 fat-free cheese slices)*

36 g (~½ cup) **textured vegetable protein (TVP)**

25 g (~2 tbsp) **balsamic vinegar**

30 g (2 tbsp) **soy sauce**

10 g (~1 tbsp) **dry vegetable soup mix**

10 g (~2 cloves) **garlic**

1 g **pepper**

1 g **oregano**

NOTES

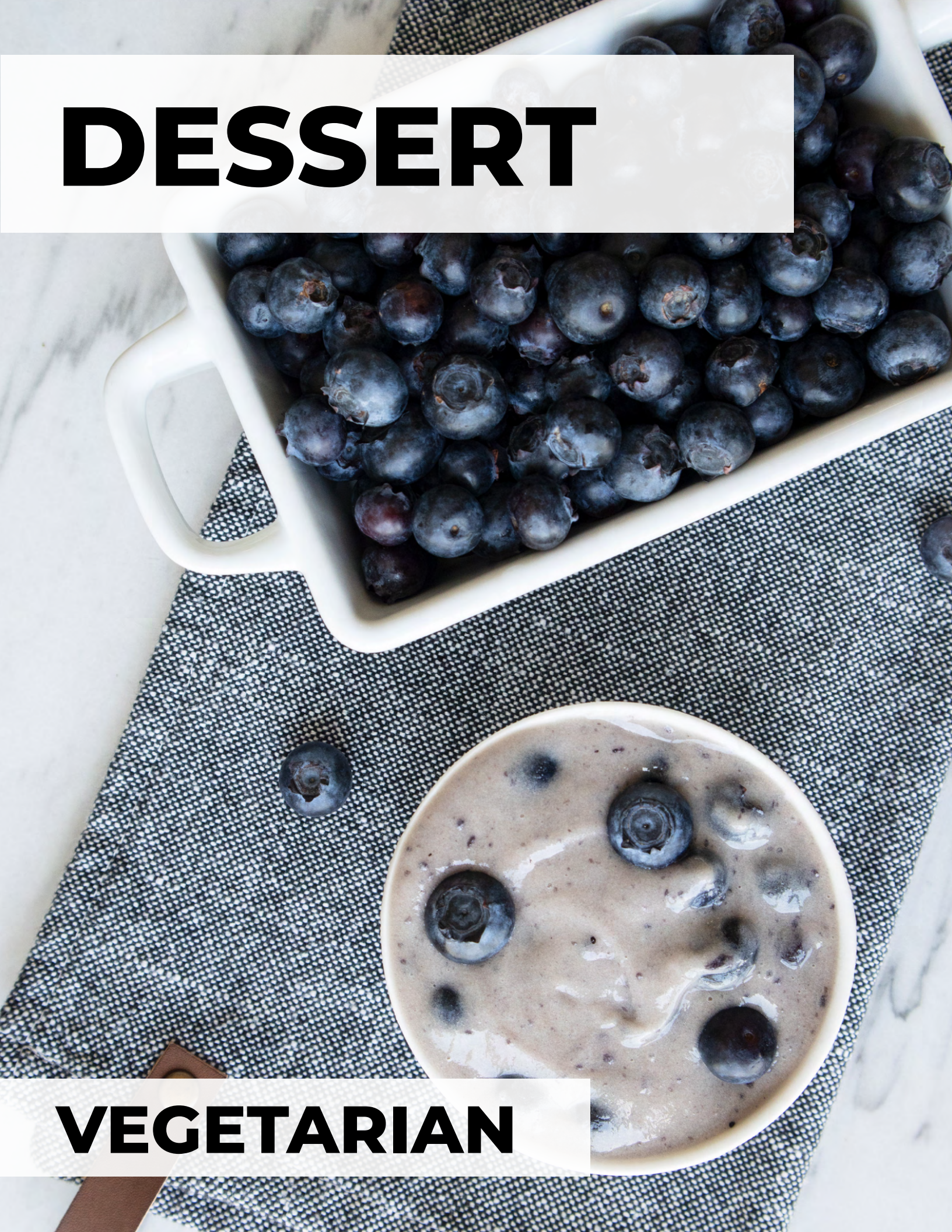
- You can BBQ these patties. If you do, a grilling sheet works best.
- You can also eat this as a burger (check out the photo above!
- If not using fat-free feta cheese, adjust calories accordingly.
- I like these with either type of cheese (fat-free slices or feta).

DIRECTIONS

1. Preheat the oven to 350°F (~175°C).
2. Spray an oven safe dish with cooking spray.
3. Place the portabello mushrooms in the dish upside down. Gently wiggle and remove the stems with your fingers. This makes pockets that will help hold the mixture.
4. In a separate bowl, mix together the egg whites, balsamic vinegar, garlic, vegetable soup mix, pepper and oregano.
5. Completely cover the tops of the mushrooms with TVP.
6. Slowly pour the mixture over each of the mushrooms and allow the liquid to soak into them. Keep as much as possible on top of the mushrooms without spilling into the pan.
7. Bake for ~15 minutes (If using fat-free feta, add to the mushrooms before cooking. If using fat-free cheese slices, cook for ~10 minutes, remove the mushrooms from the oven, add the fat-free cheese and cook for another ~5 minutes).

Copyright Coach Greg Inc. 2021

DESSERT



VEGETARIAN

4-PACK JELLY PRONUTS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 30-40 MINUTES

A healthier, homemade take on a classic. It's hard to believe how great these are! A must try! Who doesn't want a 4-pack! :)

NUTRITION

MAKES 4 SERVINGS

Calories:	635
Fat (g):	7
Carbs (g):	95
Fiber (g):	4
Protein (g):	47

SERVING

Calories:	160
Fat (g):	2
Carbs (g):	24
Fiber (g):	1
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

Donut Base:

4 **regular ass hamburger buns**

100 g (~⅔ cup) **egg whites**

Filling:

32-34 g (1 scoop) **HTLT Whey Protein Powder** *(any flavor / or brand of choice)*

30 g (~2 tbsp) **sugar-free jam**

30 g (2 tbsp) **low-calorie maple syrup**

Topping:

9 g (1 tbsp) **Swerve Icing Sugar**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet, set aside. Preheat the oven to 350°F (~175°C).
2. In a bowl add protein powder, sugar-free jam, and low-calorie maple syrup. Mix with a spoon until smooth (~1 min) and set aside (it will look dry at first, just keep mixing!) You have now completed the filling for the Jelly filled donuts.
3. Place the egg whites in a flat surface bowl.
4. Cut all 4 hamburger buns in half (if not pre-cut).
5. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
6. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling).
7. Add the filling to the 4 indentations you just made on the top half of the buns.
8. Place the bottom half of the buns on top and seal the buns with your fingers by slightly pinching around the edges to seal the two halves together forming the donuts.
9. Flip the donuts (top-side up) and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point).
10. Bake at 350°F (~175°C) for 8-12 minutes or until golden brown (do not overcook).
11. Place 9 g (~1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top. I personally like a lot of Swerve).
12. Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details)!

NOTES

- Experiment with protein powder and sugar-free jam flavors to create various tasty donuts!
- Adjust calories if using larger buns.
- Double or triple this recipe to make extra as they won't last long!
- A Coach Greg favorite.
- If using thick protein powder such as casein, mix in an extra tbsp of low-calorie maple syrup or nut milk.
- If the donuts aren't sealing well, dip your fingers into egg whites to help seal them.

Copyright Coach Greg Inc. 2021

6-PACK JELLY PRONUTS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 30-40 MINUTES

A healthier and homemade take on a classic, the famous Jelly Filled Donut! It's hard to believe how great these are! A must try!

NUTRITION

MAKES 6 SERVINGS

Calories:	1035
Fat (g):	11
Carbs (g):	147
Fiber (g):	6
Protein (g):	85

SERVING

Calories:	170
Fat (g):	2
Carbs (g):	25
Fiber (g):	1
Protein (g):	14

Copyright Coach Greg Inc. 2021

CLICK TO PURCHASE
HTLT PROTEIN POWDER

INGREDIENTS

Donut Base:

6 **regular ass hamburger buns**

160 g (⅔ cup) **egg whites**

Filling:

64-68 g (2 scoops) **HTLT Vanilla Whey Protein Powder** *(any flavor / or brand of choice)*

60 g (~¼ cup) **sugar-free jam**

60 g (¼ cup) **low-calorie syrup**

Topping:

12 g (~4 tsp) **Swerve Icing Sugar**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet, set aside. Preheat the oven to 350°F (~175°C).
2. In a bowl add the protein powder, sugar-free strawberry jam, and low-calorie syrup. Mix with a spoon until smooth (~1 min) and set aside (it will look dry at first, just keep mixing!) You have now completed the filling for the donuts.
3. Place the egg whites in a flat surface bowl.
4. Cut all 6 hamburger buns in half (if not pre-cut).
5. Scrape out 5 g of bread from the top half of each buns (ONLY the top).
6. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the scraped out part of the top buns facing up.
7. Add the filling to the 6 hollowed out buns (top halves).
8. Place the bottom half of the buns on top and seal the buns with your fingers by slightly pinching around the edges to seal the two halves together forming the donuts.
9. Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point).
10. Bake at 350°F (~175°C) for 8-12 minutes or until golden brown (do not overcook). Remove from the oven and let cool.
11. Place 12 g (~4 tsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top.
12. Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details.)!

NOTES

- Experiment with protein powder and sugar-free jam flavors to create your favorite variation!
- Adjust calories if using larger buns.
- If the donuts aren't sealing well, dip your fingers into egg whites to help seal them.
- If using thick protein powder such as casein, mix in 1-2 tbsp of low-calorie maple syrup or nut milk of choice.

Copyright Coach Greg Inc. 2021

CHOCOLATE NOT-ELLA DONUTS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 30-40 MINUTES

NUTRITION

MAKES 5 SERVINGS

Calories:	905
Fat (g):	12
Carbs (g):	140
Fiber (g):	9
Protein (g):	67

SERVING

Calories:	180
Fat (g):	2
Carbs (g):	28
Fiber (g):	2
Protein (g):	13

Copyright Coach Greg Inc. 2021

CLICK TO PURCHASE HTLT PROTEIN POWDER

INGREDIENTS

Donut Base:

5 **regular ass hamburger buns**

120 g (½ cup) **egg whites**

Filling:

17 g (½ scoop) **HTLT Protein Powder of choice** *(chocolate is preferred but any flavor / brand is ok)*

30 g (2 tbsp) **egg whites**

~115 g (~½ cup) **Chocolate NOT-ella Pea-NOT Butter** *(see page 102)*

45 g (~3 tbsp) **Walden Farms chocolate syrup**

Topping (Optional):

9 g (~1 tbsp) **Swerve Icing Sugar**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet, set aside. Preheat the oven to 350°F (~175°C).
2. In a bowl add the protein powder, 30 g (2 tbsp) of egg whites, Chocolate Not-ella Pea-NOT Butter and chocolate syrup. Mix with a spoon until smooth (~1 min) and set aside You have now completed the filling for the donuts.
3. Place 120 g (1/2 cup) of egg whites in a flat surface bowl.
4. Cut all 5 hamburger buns in half (if not pre-cut).
5. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the scraped out part of the top buns facing up.
6. Press in the center of the 5 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling).
7. Add the filling to the 5 hollowed out buns (top halves).
8. Place the bottom half of the buns on top and seal the buns with your fingers by slightly pinching around the edges to seal the two halves together forming the donuts.
9. Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point).
10. Bake at 350°F (~175°C) for 8-12 minutes or until golden brown (do not overcook). Remove from the oven and let cool.
11. Place 9 g (~1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top.
12. Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details.)!

NOTES

- If the donuts aren't sealing well, try dipping your fingers into egg whites to help seal them.
- To make it extra anabolic, omit 1 bun and put the filling into 4 buns, and use a little less egg whites when dipping the buns (I prefer this, but like a lot of filling).
- If you like less filling, you can add a bun and put the filling into 6, and use a little more egg whites when dipping the buns.
- For a creamier filling, add 1 tbsp of low-calorie maple syrup, or nut milk.

Copyright Coach Greg Inc. 2021

BOSTON CREAM PRONUTS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 30-40 MINUTES

NUTRITION

MAKES 4 SERVINGS

Calories:	765
Fat (g):	10
Carbs (g):	104
Fiber (g):	4
Protein (g):	62

SERVING

Calories:	190
Fat (g):	2
Carbs (g):	26
Fiber (g):	1
Protein (g):	15

Copyright Coach Greg Inc. 2021

INGREDIENTS

Donut Base:

4 **regular ass hamburger buns**

100 g (~⅖ cup) **egg whites**

Filling:

34 g (1 scoop) **HTLT Whey+Casein Protein Powder** *(or whey+casein of choice)*

5 g (1 tsp) **vanilla extract**

60 g (~¼ cup) **fat-free greek yogurt**

60 ml (1/4 cup) **light Cool Whip**

60 g (¼ cup) **egg whites**

5 g **sugar-free vanilla instant pudding mix**

Topping (Optional):

9 g (~1 tbsp) **Swerve Icing Sugar**

DIRECTIONS

1. Start by placing parchment paper onto a baking sheet, set aside. Preheat the oven to 350°F (~175°C).
2. In a bowl add the protein powder, 60 g (¼ cup) of egg whites, greek yogurt, cool whip, instant pudding mix, and vanilla extract. Mix with a spoon until smooth and set aside. You have now completed the filling for the donuts.
3. Place 100 g (~⅖ cup) of egg whites in a flat surface bowl.
4. Cut all 5 hamburger buns in half (if not pre-cut).
5. Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the scraped out part of the top buns facing up.
6. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling).
7. Add the filling to the 4 hollowed out buns (top halves).
8. Place the bottom half of the buns on top and seal the buns with your fingers by slightly pinching around the edges to seal the two halves together forming the donuts.
9. Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point).
10. Bake at 350°F (~175°C) for about 10 minutes or until golden brown (do not overcook). Remove from the oven and let cool.
11. Place 9 g (~1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top.
12. Eat immediately or place into a sealed container to enjoy later.

NOTES

- Adjust calories if using larger buns.
- If the donuts aren't sealing well, try dipping your fingers into egg whites to help seal them.
- if using whey protein powder, use 1 tbsp less egg whites for the filling (45 g instead of 60 g).

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

BANANA CHOCOLATE CHIP PROTEIN BOWL

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 15 MINUTES

This Banana Chocolate Chip Bowl is a fun way to have a quick and easy breakfast on the go or as a snack. This can also be cooked into a pancake!

NUTRITION

MAKES 1 SERVING

Calories:	385
Fat (g):	7
Carbs (g):	53
Fiber (g):	10
Protein (g):	37

Copyright Coach Greg Inc. 2021

INGREDIENTS

80 g **banana**

80 g (⅓ cup) **egg whites**

30 g (2 ½ tbsp) **Swerve Brown Sugar**

2 g (~½ tsp) **vanilla extract**

1 g (~¼ tsp) **cinnamon**

pinch of **salt** *(to taste)*

34 g (1 scoop) **HTLT Vanilla PB Whey+Casein Protein Powder** *(or whey+casein of choice)*

24 g (~3 tbsp) **oat flour**

2 g (½ tsp) **baking powder**

14 g **no sugar-added chocolate chips** *(up to 90 calories)*

DIRECTIONS

1. In a microwave-safe ceramic bowl (~6" wide), mash the banana with a fork.
2. Add the egg whites, vanilla extract and mix well with a fork.
3. Add the protein powder, oat flour, 2 tbsp of Swerve brown sugar, cinnamon, baking powder and salt. Mix with a fork until well blended.
4. Using a spatula, scrape around the edges and level off the batter.
5. Add the chocolate chips on top and sprinkle the remaining ½ tbsp of Swerve Brown Sugar.
6. Heat in the microwave for 3.5 minutes on high. Remove from and check if ready. If not, microwave for 30-60 seconds and let stand for 5 minutes before eating.

NOTES

- **MUST USE WHEY+CASEIN PROTEIN POWDER, WHEY ONLY WILL NOT WORK.**
- If you don't have a ceramic bowl, you may need to remove it from the bowl after cooking, and reheat/cook (since the bottom won't be fully cooked.
- Microwaves strength can be different. You may have to adjust your cook time.
- To reduce by 45-90 calories, omit ½ or all of the chocolate chips.
- Delicious as leftovers!

Copyright Coach Greg Inc. 2021

PB PROTEIN MUFFINS

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 20 MINUTES | READY IN 50 MINUTES

No games here. What you see is what you get. For the peanut butter lovers who want a delicious protein-filled snack, without excess calories. Each muffin offers 12 g of protein for under 100 calories. You simply cannot go wrong with macros this good!

NUTRITION

MAKES 12 SERVINGS

Calories:	1150
Fat (g):	18
Carbs (g):	104
Fiber (g):	26
Protein (g):	142

SERVING

Calories:	95
Fat (g):	2
Carbs (g):	9
Fiber (g):	2
Protein (g):	12

Copyright Coach Greg Inc. 2021

INGREDIENTS

175 g (½ cup) **no sugar-added applesauce**

225 g (~1 cup) **0% fat-free greek yogurt**

125 g (~½ cup) **egg whites**

5 g (1 tsp) **vanilla extract**

90 g (~3/4 cup) **peanut flour**

22 g (3 tbsp) **oat flour**

64 g (2 scoops) **HTLT Choc. PB Whey+Casein Protein Powder** *(or whey+casein of choice)*

4 g (1 tsp) **baking soda**

5 g (1 tsp) **baking powder**

20 g **sugar-free vanilla Jell-O pudding powder**

15 g **no sugar-added salted caramel baking chips**

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

1. Preheat the oven to 325° F (~ 160°C).
2. Add all dry ingredients to a bowl and lightly mix, in a separate bowl mix all wet ingredients until well blended.
3. Stir the wet and dry ingredients together, using a spatula until well mixed (1-2 mins of mixing).
4. Using either a tin muffin tray or silicone muffin cups scoop out about a ¼ cup in each of the 12 muffin slots.
5. Divide up and top each muffin with the chocolate salted caramel chips.
6. Place in the oven for 15-20 minutes or until the middle of the muffin is dry when poked with a toothpick.

NOTES

- Mixing with a spatula will give the best results (however, if you're in a rush, try blending it, NO RULES in the kitchen).
- You can use any flavor of baking chips (eg. chocolate, mint, butterscotch, etc), choose no sugar-added/low calorie options when possible.
- I recommend not using whey protein only but rather a whey+casein blend of choc. PB or van. PB.
- With macros this good, feel free to double up on the chocolate chips for a more chocolatey and mo**t variation.

Copyright Coach Greg Inc. 2021

MANGO MAINGAIN PARFAIT

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~3 HOURS

The best way to enjoy summer fruits. Bits of sweet, chunks of freshness and creamy texture in your mouth. A simple and delicious breakfast or snack.

NUTRITION

MAKES 3 SERVINGS

Calories:	815
Fat (g):	12
Carbs (g):	88
Fiber (g):	18
Protein (g):	93

SERVING

Calories:	270
Fat (g):	4
Carbs (g):	29
Fiber (g):	6
Protein (g):	31

Copyright Coach Greg Inc. 2021

INGREDIENTS

350 g (1 ½ cups) **0% fat-free greek yogurt**

225 g **frozen mango chunks**

64 g (2 scoops) **HTLT Vanilla Whey Protein Powder** *(or whey of choice)*

30 g (3 tbsp) **chia seeds**

50 g **fresh sliced strawberries**

50 g **fresh sliced kiwi**

50 g **fresh blueberries**

~30 g (3) **cherries** *(topping)*

DIRECTIONS

1. Add greek yogurt, protein powder, mango chunks and chia seeds into a blender, and blend for 30-60 seconds (you should have a smooth batter).
2. Use 3 clear glasses and layer the bottom of the glasses with a layer of fruit, and then 3-4 tbsp of the batter.
3. Repeat step 2 twice more until you have used up all of the batter. Lastly, top each parfait with a cherry.
4. Let sit in the fridge for at least an hour to cool and eat within 2 days.

NOTES

- If you are trying to reduce calories, you can substitute the chia seeds for guar gum. For every 10 g (1 tbsp) of chia seeds removed, replace with 1 g (⅓ tsp) of guar gum.
  - This will decrease each parfait by 50 calories, but also make them less mac-ro-nutrient filled.
- To save time you can also just mix the fruit into the batter without layering it. It's not as pretty, but it still tastes great!

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

PRETTY PINK PARFAIT

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~3 HOURS

Creamy, thick, fresh, yummy and pretty. A quick and easy, grab and go breakfast, snack or dessert. One of the MUST haves in my fridge.

NUTRITION

MAKES 4 SERVINGS

Calories:	1175
Fat (g):	14
Carbs (g):	138
Fiber (g):	25
Protein (g):	131

SERVING

Calories:	295
Fat (g):	4
Carbs (g):	35
Fiber (g):	6
Protein (g):	33

Copyright Coach Greg Inc. 2021

INGREDIENTS

96-102 g (3 scoops) **HTLT Vanilla Whey+Casein Protein Powder** *(or whey+casein of choice)*

465 g (~2 cups) **0% fat-free greek yogurt**

200 g **frozen strawberries**

220 g **fresh mango**

200 g **fresh kiwi**

140 g **fresh blueberries**

3 packets **sweetener**

5 g (1 tsp) **vanilla extract**

2 g **guar gum** *(use 3 g if using whey protein)*

20 g (3 tbsp) **ground flax seed**

~40 g (4) **cherries** *(topping)*

DIRECTIONS

1. Slice the mango and kiwi and set aside.
2. Place the yogurt, protein powder, frozen strawberries, flax seeds, sweetener, guar gum and vanilla extract, into a blender, and blend for 60-90 seconds. At this point you will have a smooth batter consistency.
3. **Parfait Assembly:**
   - Using a tall glass start by placing one layer of fruit on the bottom.
   - Add 3-4 tbsp of the batter and repeat this process (fruit, batter, fruit...) until you have filled the glass.
   - Top the parfait with a cherry.
   - Place in the fridge for at least 3 hours.

NOTES

- Scrape the sides of the blender if the batter is not mixing properly.
- Keep refrigerated until you are ready to eat!
- To save time, just stir the batter/fruit in a bowl and eat. At this point it will be a "pink parfait", and not so pretty. But it will taste the same!.
- Experiment with your favorite protein flavors.

Copyright Coach Greg Inc. 2021

CHOCO-BERRY PARFAIT

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 10 MINUTES | READY IN ~3 HOURS

This anabolic parfait features sliced strawberries laying in a smooth chocolate peanut butter batter...what's not to like?

NUTRITION

MAKES 4 SERVINGS

Calories:	835
Fat (g):	10
Carbs (g):	79
Fiber (g):	17
Protein (g):	105

SERVING

Calories:	210
Fat (g):	2
Carbs (g):	20
Fiber (g):	4
Protein (g):	26

Copyright Coach Greg Inc. 2021

INGREDIENTS

400 g **fresh strawberries**

460 g (~2 cups) **0% fat-free greek yogurt**

68 g (2 scoops) **HTLT Chocolate PB Whey+Casein Protein Powder**
(or whey+casein of choice)

30 g (~2 tbsp) **Walden Farms chocolate syrup**

13 g (~2 tbsp) **flax meal**

20 g (~3 tbsp) **chocolate powdered peanut butter**

2 g **guar gum** *(if using whey use 3 g guar gum)*

~40g (4) **cherries**

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

1. Cut the strawberries in thin slices, and set aside.
2. Place the yogurt, protein powder, powdered peanut butter, flax meal, guar gum and the chocolate syrup, into a blender, and blend until you have reached a smooth batter consistency (~1 minute).
3. **Parfait Assembly:**
   - Using a glass, start by placing a layer of strawberries around the sides and bottom.
   - Add ¼ of the batter until you have filled the glass.
   - Top the parfait with a cherry.
   - Place in the fridge for at least 3 hours.
4. Repeat step 3 for the remaining 3 parfaits.

NOTES

- To save time, just add strawberries throughout.
- Experiment using whatever combination of fruit you like to keep your taste buds guessing.

Copyright Coach Greg Inc. 2021

FUNKIE MUNKIE PUDDING

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

Who doesn't love a little monkeying around! This treat is soft, spongy and thick in texture.

NUTRITION

MAKES 2 SERVINGS

Calories:	285
Fat (g):	1
Carbs (g):	31
Fiber (g):	4
Protein (g):	38

SERVING

Calories:	145
Fat (g):	1
Carbs (g):	16
Fiber (g):	2
Protein (g):	19

Copyright Coach Greg Inc. 2021

INGREDIENTS

120 g (½ cup) **egg whites**

27 g (3 tbsp) **Swerve Icing Sugar**

32 g (1 scoop) **HTLT Vanilla PB Whey Protein Powder** *(or whey of choice)*

110 g (1 serving) **frozen OR ripe banana**

1.5 g (½ tsp) **guar gum**

2.5g (½ tsp) **vanilla extract**

DIRECTIONS

1. Add all the ingredients into a blender, blend for ~30 seconds or until smooth.
2. Pour the mixture into a bowl and scrape the leftovers out with a spatula.
3. For best results, place in the fridge for ~30 minutes.

NOTES

- Optional: you can add fresh banana and chocolate chips (but make sure to make your best monkey face).
- For thicker pudding, use HTLT Whey+Casein blend protein powder.

CLICK TO PURCHASE HTLT VANILLA PB WHEY PROTEIN POWDER

Copyright Coach Greg Inc. 2021

WATERMELON ZESTY PROTEINSICLES

DIFFICULTY MEDIUM

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~4 HOURS

Watermelon proteinsicles are a must have summer treat. Quick, easy, refreshing, super high protein and packed with flavor. These are Ally's favorite.

NUTRITION

MAKES 2 SERVINGS

Calories:	475
Fat (g):	4
Carbs (g):	44
Fiber (g):	6
Protein (g):	68

SERVING

Calories:	235
Fat (g):	2
Carbs (g):	22
Fiber (g):	3
Protein (g):	34

Copyright Coach Greg Inc. 2021

INGREDIENTS

60 g **ice**

175 g (¾ cup) **0% fat-free greek yogurt**

110 g **unsweetened cashew milk**

330 g (1 serving) **frozen watermelon**

68 g (2 scoops) **HTLT Vanilla Whey+Casein Protein Powder** *(or whey+casein of choice)*

7.5 g (~½ tbsp) **lemon juice**

6 g (~½ tbsp) **lemon zest**

5 g (~½ tbsp) **Swerve Icing Sugar**

4 g (1 ⅓ tsp) **guar gum**

DIRECTIONS

1. Add all ingredients into the blender and blend for 1 minute.
2. With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
3. Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary.
4. Using a spatula, remove the mixture from the blender and transfer into silicone trays. Place the trays in the freezer.
5. Let them sit in the freezer for at least 3 hours.
6. Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove. Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later.

NOTES

- To make extra anabolic, use a plant-based protein nut milk (I like unsweetened vanilla Silk 8 g plant protein almond & cashew).

Copyright Coach Greg Inc. 2021

PEACH MOOSE-SICLES

DIFFICULTY EASY

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~3 HOURS

Looking for a light, smooth and creamy cold snack that's full of protein? Give my new frozen peach mousse recipe a try. They make a great dessert, or even a late night snack when you want to squeeze in a little extra protein!

NUTRITION

MAKES 18 SERVINGS

Calories:	705
Fat (g):	6
Carbs (g):	53
Fiber (g):	1
Protein (g):	102

SERVING

Calories:	40
Fat (g):	0.5
Carbs (g):	3
Fiber (g):	0
Protein (g):	6

Copyright Coach Greg Inc. 2021

INGREDIENTS

460 g **frozen peaches**

80 g (~1/3 cup) **fat-free ricotta cheese**

200 g (⅘ cup) **0% fat-free greek yogurt**

100 g **fat-free cream cheese**

24 g (3 tbsp) **FibrO IMO Powder**

96 g (3 scoops) **HTLT Vanilla Whey Protein Powder** *(or whey of choice)*

1.5 g (½ tsp) **guar gum**

DIRECTIONS

1. Add the ricotta, greek yogurt, cream cheese, protein powder, FibrO and guar gum into a blender and blend for ~45-60 seconds. Remove the lid of the blender, scrape the mixture down.
2. Add the peaches into the blender and blend for another ~30-60 seconds (or until the peaches are fully crushed).
3. Transfer the creamy mixture into 18 (or more) silicone muffin molds, then using your spatula, press the mixture down until the air has escaped from each mold.
4. Let the mouse sit in the freezer for at least 4 hours.
5. Pop them out of the molds and serve frozen (store in freezer).

NOTES

- If you don't have silicone muffin trays you can use silicone ice trays.
- It is important to use silicone trays, as solid ones make it difficult to remove.
- Experiment with different types of fruit other than peaches.
- Run the bottom of the tray under warm-hot water to remove the Moose-sicles from the tray (depending on the type of tray used).

CLICK TO PURCHASE HTLT PROTEIN POWDER

Copyright Coach Greg Inc. 2021

MERINGUE

DIFFICULTY HARD

VEGETARIAN | PREP TIME 15 MINUTES | READY IN ~2 HOURS

These meringues are light and fluffy, with a perfect thin crispy coating. They're the perfect snack on their own, or with some toppings/fillings of choice. Get creative!

NUTRITION

Includes the filling/dip
MAKES 8 SERVINGS

Calories:	335
Fat (g):	2
Carbs (g):	18
Fiber (g):	3
Protein (g):	52

SERVING

Calories:	40
Fat (g):	0.2
Carbs (g):	2
Fiber (g):	0.5
Protein (g):	7

Copyright Coach Greg Inc. 2021

INGREDIENTS

240 g (1 cup) **egg whites**

60 g (~6 ½ tbsp) **Swerve Icing Sugar**

5 g (~2 tsp) **guar gum**

10 g (2 tsp) **white vinegar**

10 g (2 tsp) **vanilla extract**

Filling/dip:

175 g (¾ cup) **fat-free greek yogurt**

50 g (~ 3 tbsp) **fat-free cream cheese**

3 g (~ ½ tsp) **vanilla extract**

3 packets **zero-calorie sweetener**

Optional Toppings
(not calculated in macros):

100 g **fresh berries of choice**

Zero-calorie syrup, any flavor *(to taste)*

DIRECTIONS

1. Preheat the oven to only 230°F (~ 110°C).
2. In a stand mixer whisk together all the ingredients until they become fluffy and glossy.
3. Line a baking pan with parchment paper and place the meringue mix creating circles of about 10 cm diameter (~4 inches).
4. Bake for 1.5 to 2 hours and let them cool.
5. For the filling, mix all the ingredients together with a spoon.
6. Add some filling/toppings to the tops of the meringues, or use 2 meringues with filling in between to make a sandwich (top with the optional toppings if desired)!

NOTES

- Feel free to make any shape you like, as long as it is almost the same in size (helps bake evenly).

Copyright Coach Greg Inc. 2021

ANABOLIC ICING

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

Get ready for an icing that is “Sweeter than last time”! I use this icing to increase the protein and enhance the taste on cupcakes, muffins and cakes!

NUTRITION

MAKES 8 SERVINGS
Batch = ~200 g / ~1 cup

Calories:	200
Fat (g):	1
Carbs (g):	11
Fiber (g):	2
Protein (g):	33

SERVING

~25 g / ~2 tbsp

Calories:	25
Fat (g):	0
Carbs (g):	1
Fiber (g):	0.3
Protein (g):	4

Copyright Coach Greg Inc. 2021

INGREDIENTS

80 g (~ ⅓ cup) **egg whites**

5 g (1 tsp) **vanilla extract**

48 g (⅓ cup) **Swerve Icing Sugar**

30 g (2 tbsp) **sugar-free jam** *(favorite flavor)*

34 g (1 scoop) **HTLT Vanilla Whey+Casein Protein Powder** *(or whey+casein of choice)*

3 g (~1 tsp) **guar gum**

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

1. Add all ingredients to a bowl, and blend or mix them until smooth.
2. Add to any cupcake, muffin or cake. Simply delicious!

NOTES

- You can use any sugar-free jam flavor you like!
- Protein powders will vary according to the ratio of whey and casein:
  - 100% whey will require ~ 60g of egg whites,
  - Whey/casein blend 80g of egg whites,
  - 100% casein 80g egg whites and no guar gum.
- Optional: add some fresh fruit on top.
- Can be used as a low calorie fruit dip replacement at parties.

Copyright Coach Greg Inc. 2021

CREAM CHEESE ICING

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 15 MINUTES

If you're looking for a simple and delicious "whey" (pun intended) to make your desserts taste better, while adding protein, you've found it! This cream cheese icing can be spread onto all kinds of treats without adding a lot of calories.

NUTRITION

MAKES 12 SERVINGS

Calories:	375
Fat (g):	4
Carbs (g):	27
Fiber (g):	0
Protein (g):	57

SERVING

Calories:	30
Fat (g):	0.3
Carbs (g):	2
Fiber (g):	0
Protein (g):	5

Copyright Coach Greg Inc. 2021

INGREDIENTS

70 g (~½ cup) **Swerve Icing Sugar**

90 g (~ 6 tbsp) **fat-free cream cheese**

120 g (½ cup) **fat-free high protein milk**

5 g (1 tsp) **vanilla extract**

50 g (1 ½ scoops) **HTLT Vanilla Whey+Casein Protein Powder** *(or whey+casein of choice)*

1 g (~⅓ tsp) **guar gum**

FIBRO VERSION

- **For creamier icing, use ¼ cup Swerve Icing Sugar and ¼ cup FibrO, or use light cream cheese.**

CLICK TO PURCHASE HTLT PROTEIN POWDER

CLICK TO PURCHASE FIBRO IMO POWDER

DIRECTIONS

1. In a bowl, using a hand mixer, mix all ingredients until well blended.
2. Place in the fridge to cool for ~15 minutes before serving.

NOTES

- You can easily order Swerve online, or find it in many grocery stores!
- If using a whey protein powder, use 1.5 g (~½ tsp) of guar gum.

Copyright Coach Greg Inc. 2021

BANANA ICING

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

Icing or frostings are a sweet addition to any muffin, cupcake or cake. I have developed a delicious very high protein banana icing that will go well with all the sweet treats you love to eat.

NUTRITION

Calories:	230
Fat (g):	1
Carbs (g):	20
Fiber (g):	4
Protein (g):	33

Copyright Coach Greg Inc. 2021

INGREDIENTS

80 g (⅓ cup) **egg whites**

5 g (1 tsp) **vanilla extract**

48 g (⅓ cup) **Swerve Icing Sugar**

55 g (½ serving) **very ripe banana**

34 g (1 scoop) **HTLT Vanilla Whey+Casein Protein Powder** *(or whey+casein of choice)*

3 g (~1 tsp) **guar gum**

CLICK TO PURCHASE HTLT PROTEIN POWDER

DIRECTIONS

1. Add all ingredients to a bowl, blend with a hand blender until smooth (can also use a regular blender).
2. If not thick enough, place in fridge for 30 minutes as it will thicken over time (other protein powders may not thicken as much as HTLT).
3. Add to any cupcake, muffin or cake. Simply delicious!

NOTES

- Put as much or as little as you want on your cupcakes, muffins or cake.
- Protein powders will vary according to the ratio of whey and casein.
  - Regular whey protein may only need 60 g of egg whites.
  - 100% casein protein may only need 1.5 g (½ tsp) guar gum OR 100 g egg whites

Copyright Coach Greg Inc. 2021

STRAWBERRIES & CREAM

DIFFICULTY EASY

VEGETARIAN | PREP TIME 10 MINUTES | READY IN 10 MINUTES

A quick and easy protein-filled recipe that Ally and I always have in the fridge. It's awesome as a dessert, but that doesn't mean you can't eat it for breakfast too!

NUTRITION

MAKES 1 SERVING

Calories:	235
Fat (g):	1
Carbs (g):	29
Fiber (g):	7
Protein (g):	20

Copyright Coach Greg Inc. 2021

INGREDIENTS

300 g (1 serving) **strawberries**

233 g (~1 cup) **0% fat-free greek yogurt**

10 g (2 tsp) **vanilla extract**

5 packets **sweetener**

DIRECTIONS

1. Wash the strawberries (or other fruit you may have chosen).
2. Add the greek yogurt, vanilla extract and sweetener packets into a mixing bowl.
3. Stir all ingredients with a fork or whisk until everything is evenly mixed.
4. Place the dip in a medium size serving bowl and pair with the strawberries or any fruit of choice!

NOTES

- Try this using your favorite fruit.
- A Coach Greg & Ally favorite!

Copyright Coach Greg Inc. 2021

FREE BONUS RECIPES

Hello fellow circles! Welcome to the bonus section with some **FREE RECIPES** that I have previously featured in ***The Ultimate Anabolic Cookbook 2.0***.

I'm including these recipes for two reasons.

1. These are recipes that I LOVE. They're staples from Cookbook 2.0 and I think that anyone who is buying ***The Ultimate Meatless Anabolic Cookbook*** would want to try them.

2. If you haven't bought one of my cookbooks before, I want you to see some more of my delicious creations, in hopes that you may be interested in exploring some of my other books!

Copyright Coach Greg Inc. 2021

Blueberry French Toast

VEGETARIAN	PREP TIME	READY IN	DIFFICULTY
	10 MINUTES	*20 MINUTES*	*EASY*

Ingredients

MAKES 1 SERVING

180g (¾ cup) egg whites

2 slices regular ass bread (up to 80 calories per slice)

60g blueberries

2 packets sweetener

½ tsp cinnamon

3g (~½ tsp) vanilla extract

Cooking spray

RECOMMENDED TOPPINGS:

60ml (4 tbsp) low-calorie maple syrup (20 calories)

Directions

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Place blueberries on the stove while the pan is heating up.
3. Dip bread slices into egg white mixture, and transfer to pan, placing the bread directly on top of the cooked blueberries.
4. Spoon any leftover egg white mixture into the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove blueberry French toast from the pan and serve on a plate with toppings. Suggestions for toppings are extra fruit and low-calorie maple syrup.

NOTE: THIS IS MY STAPLE FRENCH TOAST RECIPE. I TYPICALLY COOK ONE MEGA BATCH AT A TIME WITH AN ENTIRE LOAF OF BREAD AND EAT IT THROUGHOUT THE WEEK.

NUTRITION PER SERVING

CALORIES	310
FAT (G)	3
CARBS (G)	47
FIBER (G)	3
PROTEIN (G)	24

LARGE SERVING

240g (1 cup) egg whites
3 slices regular ass bread
90g blueberries
3 packets (2 tbsp) sweetener
1 tsp cinnamon
5g (1 tsp) vanilla extract

CALORIES	440
FAT (G)	4
CARBS (G)	67
FIBER (G)	5
PROTEIN (G)	35

Copyright Coach Greg Inc. 2021

Veggie Meat Rice Cake Sandwich

VEGAN	READY IN	DIFFICULTY
	5 MINUTES	*EASY*

Ingredients

MAKES 1 SERVING

1 plain or lightly salted rice cake

2 slices of veggie meat (40 calories)

1 tbsp of Dijon mustard

Veggies of your choice (up to 10 calories total):

Lettuce, spinach, cucumber, tomato, red onion (cut thin)

Directions

1. Lay 1 slice of veggie meat on top of the rice cake.
2. Add the Dijon mustard on top of the veggie meat.
3. Top with all the veggies of your choice.
4. Lay the second slice of veggie meat and top with lettuce and eat.

NOTES: RATHER THAN USING DIJON MUSTARD USE ANY OTHER MUSTARD OR MAYONNAISE OF YOUR CHOICE! ENJOY!

NUTRITION PER SERVING

CALORIES	90
FAT (G)	1
CARBS (G)	12
FIBER (G)	1
PROTEIN (G)	6

Copyright Coach Greg Inc. 2021

Veggie Sloppy Greg "Open- Faced"

VEGAN	PREP TIME	READY IN
	15 MINUTES	*25 MINUTES*

Ingredients

MAKES 4 SERVINGS

454g (16 oz) ground veggie meat (Gardein or Yves) (495 calories)

8 slices regular ass bread

1 packet of Sloppy Joe seasoning

150g (5 oz) can of tomato paste

125g (½ cup) no sugar-added ketch-up

250g (1 cup) of tomato sauce

2 servings (200 calories) Veggies of Choice OR what I use:

250g red/yellow/orange bell pepper

225g mushrooms

250g onion

2 tsp garlic (4 garlic cloves)

Directions

1. Heat a pan to medium heat. Lightly spray with cooking spray. Warm the veggie meat in the pan until it is thawed.
2. Add in the onions, garlic, mushrooms and pepper.
3. Cook and stir for 5 minutes or until thoroughly mixed with the meat.
4. Add tomato sauce, ketchup and tomato paste.
5. Add Sloppy Joe Seasoning mix and reduce heat to low.
6. Let simmer for 10 minutes.
7. Place two slices of bread on a plate and spread ¾ cup (180ml) of the Sloppy Greg mixture on to each slice of bread.

NOTE: THIS IS A LARGE PORTION THAT YOU CAN EAT FOR DAYS! THIS STORES WELL IN THE REFRIGERATOR. WHEN YOU'RE READY TO EAT, TAKE OUT A PORTION, PLACE IN A BOWL, AND HEAT IT UP. SERVE ON A SLICE OF REGULAR ASS BREAD FOR A SINGLE PORTION.

NOTE 2: COACH GREG USES "CLUB HOUSE" SLOPPY JOE SEASONING. IF YOU DON'T HAVE SLOPPY JOE SEASONING, YOU CAN USE PAPRIKA, CHILI PEPPER, & GARLIC.

TOTAL NUTRITION	
CALORIES	1675
FAT (G)	22
CARBS (G)	231
FIBER (G)	40
PROTEIN (G)	131

NUTRITION PER SERVING	
CALORIES	420
FAT (G)	5
CARBS (G)	58
FIBER (G)	10
PROTEIN (G)	33

Copyright Coach Greg Inc. 2021

Cauliflower Pizza

VEGETARIAN | GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
45 MINUTES

Ingredients

MAKES 6 CRUSTS (~7 INCHES EACH)

100g (~7/8 cup) self-raising flour

700g (3 cups) of cooked cauliflower rice

180g (¾ cup) egg whites

250g (1 cup) 0% fat Greek yogurt

9g (1 tbsp) guar

1 tsp garlic powder

¼ tsp Kosher salt

½ tsp oregano

½ tsp basil

Directions

1. OPTIONAL: Prep cauliflower rice (either see the recipe in this book on page 124 or purchase pre-cooked cauliflower rice.)
2. Pre-heat the oven to 400°F/204°C.
3. In a bowl mix flour, guar/xanthan gum, garlic powder, salt, oregano, and basil.
4. Add in the Greek yogurt and fold together to form a ball.
5. In another bowl combine cooked cauliflower rice and egg whites. Mix well.
6. Add the cauliflower mixture to the flour mixture and mix well. You can use your hands or a hand blender.
7. Let stand at room temperature for 20 minutes.
8. Divide the mixture into six 150g portions (~7 inch crusts).
9. Cover a baking sheet with parchment paper and spread the mixture into a 'circle'.
10. Bake at 400°F/204°C for 30-35 minutes or until lightly browned.
11. Remove from the oven and let cool for a few minutes.

NUTRITION PER SERVING	ENTIRE BATCH	PER CRUST
CALORIES	795	133
FAT (G)	14	2
CARBS (G)	109	18
FIBER (G)	9	2
PROTEIN (G)	48	8

2 CAULIFLOWER VEGGIE PIZZAS

2 cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese

½ serving veggies of your choice: peppers, onions, mushrooms, spinach, tomatoes (up to 50 calories)

CALORIES	463
FAT (G)	7
CARBS (G)	65
FIBER (G)	11
PROTEIN (G)	32

2 CAULIFLOWER MEAT LOVERS PIZZAS

2 cauliflower pizza crusts

55g (6 tbsp) pizza sauce (60 calories)

3 slices (or 57g shredded) fat-free cheese

Meat of your choice up to 100g: chicken, cooked minced turkey or veggie meat (up to 50 calories)

CALORIES	468
FAT (G)	8
CARBS (G)	55
FIBER (G)	7
PROTEIN (G)	40

Copyright Coach Greg Inc. 2021

Egg White Wrap & Cauliflower Pizza

VEGETARIAN GLUTEN-FREE

PREP TIME
10 MINUTES

READY IN
45 MINUTES

Ingredients

MAKES 4 CRUSTS (~9 INCHES EACH)

120g (~1 cup) self-rising flour

4 Crepini wraps or equivalent egg white wrap of choice (30 calories each)

700g (3 cups) of cooked cauliflower rice

120g (½ cup) egg whites

225g (~1 cup) 0% fat Greek yogurt

9g (1 tbsp) guar/xanthan gum

1 tsp garlic powder

¼ tsp Kosher salt

½ tsp oregano

½ tsp basil

Directions

1. *OPTIONAL: Prep cauliflower rice (either see the recipe in this book on page 124 or purchase pre-cooked cauliflower rice).*
2. *Pre-heat oven to 400°F (204°C).*
3. *In a bowl mix dry ingredients (flour, guar gum/xanthan, garlic powder, salt, oregano, and basil).*
4. *Add in the Greek yogurt and fold together to form a ball.*
5. *In another bowl combine cooked cauliflower rice and egg whites. Mix well.*
6. *Add the cauliflower mixture to the flour mixture and mix well. You can use your hands or a hand blender.*
7. *Let stand at room temperature for 20 minutes.*
8. *Lay the Crepini wraps on parchment paper and spread the mixture over the wrap.*
9. *Divide the mixture into 4 equal amounts (~9 inch crusts).*
10. *Bake at 400°F/204°C for 30-35 minutes or until lightly browned.*
11. *Take out of the oven and let cool for a few minutes.*

NUTRITION PER SERVING	ENTIRE BATCH	PER CRUST
CALORIES	955	240
FAT (G)	8	2
CARBS (G)	153	38
FIBER (G)	28	7
PROTEIN (G)	65	16

2 EGG WHITE/CAULIFLOWER VEGGIE PIZZAS

2 egg white wrap & cauliflower pizza crusts
55g (6 tbsp) pizza sauce (60 calories)
3 slices (or 57g shredded) fat-free cheese (90 calories)
½ serving veggies of your choice: peppers, onions, mushrooms, spinach, tomatoes (up to 50 calories)

CALORIES	680
FAT (G)	9
CARBS (G)	95
FIBER (G)	18
PROTEIN (G)	47

2 EGG WHITE/CAULIFLOWER MEAT LOVERS PIZZAS

2 egg white wrap & cauliflower pizza crusts
55g (6 tbsp) pizza sauce (60 calories)
3 slices (or 57g shredded) fat-free cheese (90 calories)
Meat of your choice up to 100g: chicken, cooked minced turkey or veggie meat (up to 50 calories)

CALORIES	680
FAT (G)	9
CARBS (G)	93
FIBER (G)	16
PROTEIN (G)	53

Copyright Coach Greg Inc. 2021

Anabolic Veggie Lasagna

VEGETARIAN	PREP TIME	READY IN
	30 MINUTES	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

2 cans (16 oz) Palmini low carb lasagna sheets

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

1 X 500g bag of frozen spinach (weighed frozen), thawed and drained

250g zucchini, sliced lengthwise

500g (2 cups) 0% fat cottage cheese

330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 360 calories)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g (½ cup)

60ml (¼ cup) water

125g onion, diced

2 garlic cloves, minced

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Boil Palmini lasagna sheets for about 5 minutes to soften them.
3. Sauté garlic and onions on a pan over medium-high heat until golden brown.
4. Remove the onions and garlic and add them to a bowl along with the veggie meat, pasta sauce and 60ml (¼ cup) water.
5. In a seperate bowl, mix OR blend 0% fat cottage cheese and spinach (thawed and drained).
6. Spray a 9 x 13 inch (~22 cm x 33 cm) casserole dish with cooking spray.
7. Spread ¼ cup of the veggie meat sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish).
   A. Place about 12 Palmini sheets over the sauce.
   B. Lay half of the zucchini on top of the Palmini lasagna sheets.
   C. Spread half of the cottage cheese/spinach mix on top of the zucchini.
   D. Spread a third of the pasta sauce mix over the cottage cheese/spinach.
   E. Repeat steps A-D one more time.
10. Lay the last 12 Palmini lasagna sheets and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices.
11. Spray the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna. Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking).
12. After 40 minutes, remove the foil and bake for another 10 minutes (to brown the cheese).
13. Let cool (10-20 minutes, time may vary depending on oven & cheese) before cutting and serving.

NOTE: IF YOU CANNOT PURCHASE YVES GROUND ROUND IN YOUR COUNTRY, GO FOR A SIMILAR PRODUCT LOCAL TO YOU. US CUSTOMERS MAY OPT FOR GARDEIN PRODUCTS. ALWAYS BE SURE TO RE-CALCULATE THE CALORIE INFORMATION IF YOU OPT FOR A DIFFERENT PRODUCT.

NUTRITION PER BATCH	
CALORIES	1754
FAT (G)	18
CARBS (G)	182
FIBER (G)	41
PROTEIN (G)	194

NUTRITION PER SERVING	
CALORIES	292
FAT (G)	3
CARBS (G)	30
FIBER (G)	7
PROTEIN (G)	32

Copyright Coach Greg Inc. 2021

Classic Veggie Lasagna

VEGETARIAN	PREP TIME	READY IN
	30 MINUTES	*90 MINUTES*

Ingredients

MAKES 6 SERVINGS

9 regular ass lasagna noodles

8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)

1 X 500g bag frozen spinach (weighed frozen), thawed and drained

250g zucchini, sliced lengthwise

455g low fat ricotta cheese

330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 360 calories)

1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g (½ cup)

80ml (⅓ cup) water

125g onion, diced

2 garlic cloves, minced

Directions

1. Pre-heat the oven to 400°F (204°C).
2. Sauté garlic and onions on a pan over medium-high heat until golden brown.
3. Remove the onions and garlic and add them to a bowl along with the veggie meat and pasta sauce, along with 80ml (1/3 cup) of water.
4. In a separate bowl, mix ricotta cheese and spinach (thawed and drained).
5. Spray a 9 x 13 inch (~22 cm x 33 cm) casserole dish with cooking spray.
6. Spread ¼ cup of the veggie meat sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish).
   A. Place 3 lasagna noodles over the sauce.
   B. Lay half of the zucchini on top of the noodles.
   C. Spread half of the ricotta cheese/spinach mix on top of the zucchini.
   D. Spread a third of the pasta sauce mix over the ricotta.
   E. Repeat steps A-D one more time.
9. Lay the last 3 lasagna noodles and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices.
10. Spray the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna. Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking).
11. After 40 minutes, remove the foil and bake for another 10 minutes (to brown the cheese).
12. Let cool (10-20 minutes, time may vary depending on oven & cheese) before cutting and serving.

NUTRITION PER BATCH	
CALORIES	2450
FAT (G)	37
CARBS (G)	347
FIBER (G)	52
PROTEIN (G)	198

6 Total Servings

NUTRITION PER SERVING	
CALORIES	408
FAT (G)	6
CARBS (G)	58
FIBER (G)	9
PROTEIN (G)	33

8 Total Servings

NUTRITION PER SERVING	
CALORIES	306
FAT (G)	5
CARBS (G)	43
FIBER (G)	7
PROTEIN (G)	25

Copyright Coach Greg Inc. 2021

Apple Poop

VEGAN	PREP TIME	READY IN
	15 MINUTES	*25-50 MINUTES*

Apple Poop (formally "Apple Goop") is a Greg Doucette classic! This is a perfect recipe for anyone whose favorite season of the year is Fall—the season of apple picking, apple pie, apple cider, apple strudel, everything with apples! Apple Goop will satisfy your year-round Fall sweet tooth cravings while helping you to stick to your diet plan. It is also friendly to vegans, vegetarians, and people following a gluten-free diet.

Ingredients

MAKES 1 SERVING

45g (½ cup) rolled oats

570g (3 servings) apples

6 packets (~1 tbsp) sweetener

9g (~1 ¼ tbsp) guar gum

2.5g (~1 tsp) cinnamon

1 liter of water

Directions

1. Chop apples into medium cubes.
2. Add apples, oats, sweetener, and cinnamon to a large microwave-safe container and toss with a fork.
3. In a blender add water and guar gum, blend on high for 15-30 seconds. This will allow the guar gum to blend into a smooth goop-like consistency.
4. Add the blended water/guar gum mixture to the microwave-safe container, and stir all ingredients with a fork.
5. Place the container in the microwave and heat on high. Remove the bowl from the microwave, add water and stir as needed until apples are very soft (or as soft as you want them to be.) This may take anywhere from 10-40 minutes depending on how strong your microwave is and how mushy you want your apples to be!

NUTRITION PER SERVING

CALORIES	450
FAT (G)	3
CARBS (G)	108
FIBER (G)	22
PROTEIN (G)	6

MEGA POOP

180g (2 cups) rolled oats

2kg apples

20 packets (13 tbsp) sweetener

21g (~3 tbsp) guar gum

3 liters water

8-16g (1-2 tbsp) cinnamon

CALORIES	1760
FAT (G)	14
CARBS (G)	426
FIBER (G)	82
PROTEIN (G)	25

Copyright Coach Greg Inc. 2021

Vegan Chocolate Mug Cake

VEGAN	PREP TIME	READY IN
	5 MINUTES	*10 MINUTES*

Ingredients

MAKES 1 SINGLE HIGH PROTEIN MUG CAKE

50g (~1.5 scoop) ***HTLT Vegan Protein Powder*** *(or vegan protein powder of choice)*

5g (1 tbsp) cocoa powder

30ml (2 tbsp) Walden Farms Chocolate Syrup

30ml (2 tbsp) water

2 packets (4 tsp) sweetener (to taste)

1g (~¼ tsp) guar gum

Cooking spray

Directions

1. Spray a mircowave-save mug/container with cooking spray. Add all ingredients (in any order) into the mug/container and stir with a spoon until batter is smooth.
2. Place the mug/container into the microwave and cook on high for 30 seconds (If not finished, cook for 10 seconds at a time). Do not overcook, ensure the centre is very gooey!

CLICK TO PURCHASE HTLT PROTEIN POWDER

NUTRITION PER SERVING

CALORIES	210
FAT (G)	2
CARBS (G)	10
FIBER (G)	4
PROTEIN (G)	37

Copyright Coach Greg Inc. 2021

REFERENCES

Copyright Coach Greg Inc. 2021

Fruit Servings Reference Table

Fruit	One serving (~ 100 calories)	Fiber	Protein
Watermelon	330 g	2 g	2 g
Starfruit	320 g	9 g	3.5 g
Strawberries	300 g	7 g	2 g
Cantaloupe	290 g	2.3 g	2.5 g
Honeydew	280 g	2.2 g	1.5 g
Peaches	250 g	3.8 g	2.5 g
Nectarine	250 g	4 g	2.5 g
Grapefruit	240 g	3.8 g	2 g
Papaya	230 g	3.9 g	1 g
Blackberries	230 g	12.2 g	3 g
Pineapple	220 g	3.1 g	1 g
Plums	210 g	2.9 g	1.5 g
Apricots	210 g	4.2 g	3 g
Red Cherries (Sour)	200 g	4 g	2 g
Tangerines	190 g	3.4 g	1.5 g
Apple	190 g	4.6 g	0.5 g
Raspberries	190 g	12.4 g	2.5 g
Orange	190 g	5 g	2 g
Blueberries	180 g	5 g	1.5 g
Champagne Grapes	170 g	2 g	1 g
Pears	170 g	6 g	0.5 g
Mango	170 g	2.7 g	1.5 g
Red Cherries (Sweet)	160 g	3.4 g	1.5 g
Kiwi	160 g	4.5 g	2 g
Lychee	150 g	2 g	1 g
Guava	150 g	8.1 g	4 g
Grapes	140 g	1.3 g	1 g
Pomegranate	120 g	5 g	1.5 g
Banana	110 g	3 g	1.5 g
Passion Fruit	100 g	11 g	2 g
Plantain	80 g	2 g	1 g
Persimmon	75 g	3 g	0.5 g
Avocado	60 g	4 g	1 g

Copyright Coach Greg Inc. 2021

Vegetables (Raw) Servings Reference Table

Vegetable / Legume	One serving (~100 calories)	Fiber	Protein
Watercress	900 g	5 g	20.5 g
Nappa Cabbage	800 g	8 g	12 g
Bok Choy	775 g	8 g	11.5 g
Lettuce	700 g	8 g	8 g
Cucumber	650 g	3 g	4.5 g
Celery	650 g	10 g	4.5 g
Radish	625 g	10 g	4.5 g
Endive	600 g	19 g	7.5 g
Bitter Melon (Bitter Gourd)	600 g	17 g	6 g
Chayote Squash	600 g	10 g	4.5 g
Zucchini	600 g	5 g	7 g
Tomatoes	550 g	7 g	1 g
Asparagus	500 g	11 g	11 g
Swiss Chard/Beet Greens	525 g	8 g	9.5 g
Green Peppers	500 g	8.6 g	4.5 g
Rhubarb	475 g	8.6 g	4.5 g
Spinach	450 g	10 g	12.5 g
Rapini	450 g	12.2 g	14.5 g
Mushroom	450 g	4.7 g	12 g
Cauliflower	400 g	10 g	7.5 g
Eggplant	400 g	14 g	4 g
Sprouts	400 g	5 g	10 g
Green Cabbage	400 g	11 g	5 g
Arugula	400 g	6.4 g	10.5 g
Pumpkin	380 g	1.9 g	4 g
Red/Yellow/Orange Peppers	375 g	4.3 g	4 g
Turnip	360 g	6.5 g	3 g
Chives	330 g	8.3 g	11 g
Broccoflower	325 g	10.4 g	9.5 g
Red Cabbage	325 g	6.8 g	4.5 g
Spaghetti Squash	325 g	4.9 g	2 g
Collard Greens	320 g	11 g	9.5 g
Fennel	320 g	12.6 g	4 g

Copyright Coach Greg Inc. 2021

Vegetable / Legume	One serving (~100 calories)	Fiber	Protein
Green Onion	320 g	8.2 g	6 g
Broccoli	300 g	8 g	8.5 g
Green Beans	300 g	8 g	5.5 g
Okra	300 g	11 g	6 g
Fiddleheads	300 g	20 g	13.5 g
Rutabaga	275 g	7 g	3 g
Red Chili Pepper	250 g	3.8 g	4.5 g
Carrot	250 g	7 g	2.5 g
Acorn Squash	250 g	3.8 g	2 g
Onions	250 g	4.3 g	3 g
Snow/Sugar Snap Peas	240 g	6 g	6 g
Yellow/Wax Beans	230 g	9 g	7 g
Beets	230 g	6.5 g	3.5 g
Brussels Sprouts	230 g	8.9 g	7.5 g
Butternut Squash	220 g	4.4 g	2 g
Dandelion greens	220 g	7.7 g	6 g
Artichoke	210 g	10 g	6.5 g
Kale	200 g	4 g	8 g
Moringa (fresh leaves)	150 g	3 g	14 g
Potatoes	140 g	2.4 g	2.5 g
Peas	130 g	7 g	7 g
Parsnips	130 g	6.5 g	1.5 g
Yam (Sweet Potato)	120 g	3.5 g	2 g
Corn	120 g	2.3 g	4 g
Edamame	80 g	8 g	10 g
Cassava / Yucca	65 g	1.1 g	1 g
Dry Lentils*	30 g	9 g	9 g
Dry Split Peas*	30 g	8 g	7 g

*Beans/legumes vary so much that you absolutely must be cautious and look at the label to see how much you can eat. Every can/package is different and you MUST be careful about how the beans/legumes are cooked and in what sauce.

Copyright Coach Greg Inc. 2021

Veggies With the Most Protein Per 100 Calories

Rank	Vegetable / Legume	One serving (~100 calories)	Protein
1	Watercress	900 g	20.5 g
2	Alflafa Sprouts	450 g	18 g
3	Rapini	450 g	14.5 g
4	Moringa (Fresh Leaves)	150 g	14 g
5	Fiddleheads	300 g	13.5 g
6	Spinach	450 g	12.5 g
7	Napa Cabbage	775 g	12 g
8	Mushrooms	450 g	12 g
9	Bok Choy	775 g	11.5 g
10	Asparagus	500 g	11 g
11	Chives	330 g	11 g
12	Arugala	400 g	10.5 g
13	Bean Sprouts	325 g	10 g
14	Edamame	80 g	10 g
15	Swiss Chard/Beet Greens	525 g	9.5 g
16	Broccoflower	325 g	9.5 g
17	Collard Greens	325 g	9.5 g
18	Dry Lentils	30 g	9 g
19	Broccoli	300 g	8.5 g
20	Lettuce	700 g	8 g
21	Kale	300 g	8 g
22	Endive	600 g	7.5 g
23	Cauliflower	400 g	7.5 g
24	Brussels Sprouts	230 g	7.5 g
25	Zucchini	600 g	7 g
26	Wax Beans	345 g	7 g
27	Peas	130 g	7 g
28	Dry Split Peas	30 g	7 g
29	Artichoke	210 g	6.5 g
30	Bitter Melon (Bitter Gourd)	600 g	6 g
31	Green Onion	320 g	6 g
32	Okra	300 g	6 g

Copyright Coach Greg Inc. 2021

Rank	Vegetable / Legume	One serving (~100 calories)	Protein
33	Snow/Sugar Snap Peas	240 g	6 g
34	Dandelion Greens	220 g	6 g
35	Green Beans	300 g	5.5 g
36	Green Cabbage	400 g	5 g
37	Cucumber	675 g	4.5 g
38	Celery	650 g	4.5 g
39	Radish	625 g	4.5 g
40	Chayote Squash	550 g	4.5 g
41	Green Bell Peppers	500 g	4.5 g
42	Rhubarb	475 g	4.5 g
43	Red Cabbage	325 g	4.5 g
44	Red Chili Pepper	250 g	4.5 g
45	Eggplant	400 g	4 g
46	Pumpkin	380 g	4 g
47	Red/Yellow/Orange Bell Peppers	375 g	4 g
48	Fennel	320 g	4 g
49	Corn	120 g	4 g
50	Beets	230 g	3.5 g
51	Turnip	360 g	3 g
52	Rutabaga	275 g	3 g
53	Onions	250 g	3 g
54	Carrots	250 g	2.5 g
55	Potatoes	140 g	2.5 g
56	Spaghetti Squash	325 g	2 g
57	Acorn Squash	250 g	2 g
58	Butternut Squash	220 g	2 g
59	Yam (Sweet Potato)	120 g	2 g
60	Parsnips	130 g	1.5 g
61	Tomatoes	550 g	1 g
62	Cassava / Yucca	65 g	1 g

Copyright Coach Greg Inc. 2021

Until Next Time...

You've made it to the end of my Meatless Anabolic Cookbook. Congrats!

This cookbook is now your sacred nutrition manual.

Pacing up and down your kitchen wondering what to make for dinner again?

OPEN UP THE COOKBOOK!

Getting stressed because you only have a few hundred calories left for the day and have no idea what to make?

OPEN UP THE COOKBOOK!

Want to impress your friends, family, and gym companions with some incredibly delicious high-protein meatless recipes?

OPEN THE FRIGGIN COOKBOOK!

Just like building a great body in the gym by training, you also have to train in the kitchen to get better at cooking.

If there's ONE thing I really want you to take away from this cookbook, it is to have...

BALANCE!

You don't have to be perfect. Just try to be better than last time.

So until next time... I AM OUT! ***POP***

- Coach Greg

Copyright Coach Greg Inc. 2021

DISCLAIMER

Greg Doucette is neither a doctor nor registered dietitian. The contents of this eBook should not be taken as medical advice. The contents of this eBook are not intended to diagnose, treat, cure, or prevent any health problem - nor are they intended to replace the advice of a physician.

All advice is hypothetical and for entertainment purposes only. Always consult your physician or qualified health professional on any matters regarding your health.

The nutritional values for each recipe in this cookbook are my best estimates. You can do your own calculations when tracking your calories / macros towards your diet plan.

At the end of the day, it's CALORIES IN vs. CALORIES OUT. If you are not losing weight, it's because you are NOT eating in a calorie deficit. To lose weight you will either need to eat fewer calories, or burn more of them off.

Copyright Coach Greg Inc. 2021

THE ULTIMATE

MEATLESS

ANABOLIC COOKBOOK

Copyright (c) Coach Greg Inc. 2021.
All rights reserved.

The intellectual property rights of this eBook belong to Greg Doucette. No part of this eBook may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods. No part of this eBook may be edited, modified, adapted, or altered in any way for unlawful or commercial use.

WWW.GREGDOUCETTE.COM

@GREGDOUCETTEIFBBPRO @GREGDOUCETTE INFO@GREGDOUCETTE.COM